Create a Self-Calming Plan

By following the steps of a self-calming plan, you can prepare yourself to effectively respond to your upset child and teach appropriate behavior using a reward consequence system.

- **Parent Prompts Child to Go to the Calm-Down Location**
  
  "You seem frustrated. Please go take some time in the calm-down spot. Please stay there until I tell you to leave. If you go now, you will earn a reward."

- **Child Goes to Calm-Down Location**
  
  Child stays until parent indicates he/she can leave.

- **Child Refuses to Go to the Calm-Down Location**

- **Parent Gives Second Prompt**
  
  "Please go take time in the calm-down spot. Please stay there until I tell you to get up. If you go now, you will earn from a reward later."

- **Child Still Refuses to Go to the Calm-Down Location**

- **Parent Withdraws Attention and Privileges Until Child Is Calm**

- **Child Goes to Calm-Down Location**
  
  Child stays until parent indicates he/she can leave.

- **Child Is Rewarded**
  
  (Make rewards age-appropriate. These could include staying up an extra 15 minutes, extra screen time or an extra snack.)

- **Once Child is Calm, He or She Earns a Chore Consequence**
  
  (If a temper tantrum lasts longer than five minutes and/or involves aggression, assign a chore, such as cleaning up after dinner, vacuuming or doing yard work.)

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