



Part 6 | Chapter 11

Dealing with Challenges

REVIEW CHECKLIST

For dealing with challenges

- Do I keep moving forward when faced with challenging behaviors and difficult issues?
- Do I resist verbal lecturing and focus on what needs to be done without giving my child too much attention?
- Do I reflect on difficult morning situations and look for clues that will help me prevent similar occurrences in the future?
- Do I review things that did not go well with my child, and if developmentally appropriate, problem-solve together so we can both learn from the experience?
- Do I have a Plan B ready to put in place when morning routines fall apart?