

CHECKLIST FOR MANAGING AGGRESSION

Instructions: Whenever aggression occurs, record Yes, No or NA (Not Applicable) for each of the steps below.

	DAY				
STEPS TO FOLLOW	STEPS COMPLETED?				
1. Gain your child's attention.					
2. Tell your child what to stop doing and what to do instead — <i>Stop hitting. Keep your hands to yourself.</i>					
3. Praise your child if they do as you ask.					
4. If your child does not do as you have asked, tell them what they have done wrong — <i>You are still hitting</i> — and the consequence — <i>Now go to quiet time.</i> If necessary, take them to quiet time. Do not argue or debate the point.					
5. If your child does not sit quietly in quiet time, tell them what they have done wrong — <i>You are not being quiet in quiet time</i> — and the consequence — <i>Now you must go to time-out.</i> Take them straight to time-out.					
6. When your child has been quiet for the set time in quiet time or time-out, set them up in an activity.					
7. As soon as possible, praise your child for behaving well.					
NUMBER OF STEPS COMPLETED CORRECTLY:					