

## CHECKLIST FOR MANAGING TEMPER OUTBURSTS

Instructions: Whenever temper outbursts (e.g. screaming, crying or stamping feet) occur, record Yes, No or NA (Not Applicable) for each of the steps below.

| STEPS TO FOLLOW  | DAY              |  |  |  |  |
|--|------------------|--|--|--|--|
|  |                  |  |  |  |  |
|  | STEPS COMPLETED? |  |  |  |  |
| <p><b>EITHER</b></p> <p>A) Use planned ignoring for toddlers under 2 years old.</p> <p><b>OR</b></p> <p>B) Gain your child's attention as best you can and follow the steps below:</p>   |                  |  |  |  |  |
| 1. Tell your child what to stop doing and what to do instead — <i>Stop screaming right now. Use a nice voice.</i>  |                  |  |  |  |  |
| 2. Praise your child if they do as you ask.  |                  |  |  |  |  |
| 3. If your child does not do as you have asked, tell them what they have done wrong — <i>You have not done as I asked</i> — and the consequence — <i>Now go to time-out.</i> Do not argue or debate the point. Take them straight to time-out. |                  |  |  |  |  |
| 4. When your child has been quiet for the set time in time-out, set them up in an activity.  |                  |  |  |  |  |
| 5. As soon as possible, praise your child for behaving well.   |                  |  |  |  |  |
| NUMBER OF STEPS COMPLETED CORRECTLY:   |                  |  |  |  |  |