

YOUR FAMILY'S

Family Behavior Map

A personalized route through your child's hardest moments — built together on your 1:1 call with Monique.

How to use this map: Keep it on the fridge or in your phone. When a moment starts, look at Section 3 — Tonight's Script. Everything else is the why behind it.

1. Your child at a glance

Child's name _____

Age _____

Diagnoses / traits _____

Biggest pain point _____

What's already tried _____

2. The clue (Spot it)

Behavior leaves clues. Before we can stop it, we name what it's telling us.

- Trigger: what happens right before the moment (transition, hunger, no, sensory)
- Time of day: when the storm shows up most
- Body cue: what your child's body does 30 seconds before
- Your cue: the thing YOU feel right before you yell

3. Tonight's Script (Stop it)

Word-for-word, for the exact moment it starts. Practice it out loud once before bed.

Step 1 — I Do: Get low. Soft voice. "I see this is really hard right now."

Step 2 — We Do: One breath together. "In through the nose... out slow."

Step 3 — You Do: "When you're ready, show me one thing that would help."

4. Calming sequence (Support it)

Your child's custom order of operations. We build this on the call.

Step 1. Body first — movement, water, deep pressure

Step 2. Sensory reset — dim lights, noise down, one soft object

Step 3. Words last — reflect the feeling before problem-solving

Step 4. Repair — 5-line script within 20 minutes of calm

5. Long-game plan (Solve it)

What we change this week so this moment happens less often — routines, environment, and one small skill your child is building.

One-line family promise: "We can be calm and still hold the limit."