

Daily Rhythm

The same hard hours, every day. Give each one a plan.

12 PRINTABLE PAGES IN THIS KIT

The Behavior GPS Method™ — the 4 moves on every page

1. SPOT THE CLUE — What is the behavior telling you?
2. NAME THE NEED — Say the need out loud before the rule.
3. RUN MONAE'S 3 STEPS — Stop. Breathe. Say what I need.
4. TRACK THE CHANGE — Write what happened. That is your proof.

How to use this kit

- Print it. Do not read all of it tonight.
- Pick the ONE page that matches tonight.
- Put that page on the fridge.
- I DO: you model it. WE DO: you practice it together on a calm day.
- YOU DO: your child tries it alone. Use one page for a week.

Morning routine card

Out the door without the fight.

DO THIS

1. Wake up fifteen minutes earlier than you think you need.
2. Clothes, shoes and bag are set out the night before.
3. One step at a time. Do not stack directions.
4. Give a five-minute and a two-minute warning.
5. Praise the step they finished, not the one they missed.

SAY THIS

"First socks, then shoes."

"Two minutes left. What is next on your card?"

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

PRACTICE IT ON A CALM DAY

I DO: I show you. I say the 3 steps out loud.

WE DO: We do the 3 steps together, slow.

YOU DO: You try the 3 steps on your own.

Bedtime routine card

A wind-down your child can follow alone.

DO THIS

1. Same order, same time, every night.
2. Screens off one hour before bed.
3. Five steps max: bath, teeth, pajamas, book, lights.
4. Hang the picture card at their eye level.
5. Let them check off each step themselves.

SAY THIS

“Check your card. What is step three?”

“Book time starts when teeth are done.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

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After-school decompression plan

The thirty minutes that decide how the evening goes.

DO THIS

1. No questions for the first fifteen minutes.
2. Food and water immediately.
3. Movement or quiet — let your child pick.
4. Homework starts after the reset, not before.
5. Ask about the day sideways, while doing something else.

SAY THIS

“Snack first. We can talk later.”

“Tell me one good thing and one hard thing.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

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Transition warning scripts

The words that make stopping easier.

DO THIS

1. Give a ten-minute, five-minute and one-minute warning.
2. Use a timer your child can see.
3. Tell them what comes next, not just what ends.
4. Give a job to carry into the next thing.
5. Expect a groan. Do not argue with the groan.

SAY THIS

“Ten more minutes, then dinner.”

“When the timer beeps, tablet goes on the counter.”

“You can bring your car to the table.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

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Visual schedule strips

Blank plus filled-in versions to print today.

DO THIS

1. Print the strip and cut out the pictures.
2. Build the strip together the night before.
3. Hang it where your child stands, not where you stand.
4. Move the arrow or flip the card as each step is done.
5. Change one picture at a time, never the whole strip.

SAY THIS

“Show me where we are on the strip.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

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Homework-without-tears plan

End the kitchen-table meltdown.

DO THIS

1. Snack and ten minutes of movement first.
2. Set a timer for ten minutes of work, then a two-minute break.
3. Do the easiest problem first to get a win.
4. You sit near, but do not hover or correct every line.
5. Stop at the agreed time even if it is not finished. Write a note to the teacher.

SAY THIS

"Ten minutes of work, then you pick the break."

"We stop at 7:00. I will tell your teacher we tried."

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

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Screen-time handoff script

Turn the tablet off without a war.

DO THIS

1. Agree on the stopping point BEFORE it starts.
2. Use a visible timer, not your voice, as the boss.
3. Give the one-minute warning and a plan for what comes next.
4. Have them hand it to you — do not pull it away.
5. If they melt down, stay quiet. Do not add a punishment.

SAY THIS

“When this show ends, tablet comes to me.”
“Hand it to me and we start the game.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

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Mealtime routine card

Fewer fights at the table.

DO THIS

1. Same seat, same time, lights and noise down.
2. Always one safe food on the plate.
3. No bargaining about bites. Serve it and move on.
4. Keep the meal to twenty minutes.
5. Talk about anything except the food.

SAY THIS

"You do not have to eat it. It just sits on your plate."
"Kitchen closes at 7:30."

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

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Getting-dressed sequence

Step-by-step for slow mornings.

DO THIS

1. Lay the clothes out in the order they go on.
2. Give one item at a time.
3. Let them pick between two outfits, never an open closet.
4. Watch for seams, tags and socks — those are real problems.
5. Time it once so you know how long it truly takes.

SAY THIS

“Blue shirt or red shirt?”

“Socks are on. Nice. Shoes next.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

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Weekend / no-school rhythm

Structure for the days with no bell.

DO THIS

1. Keep wake-up and bedtime within an hour of school days.
2. Write three anchors on the board: morning, lunch, afternoon.
3. Plan one out-of-the-house thing per day.
4. Post the plan Friday night so there are no surprises.
5. Keep one hour of nothing. Boredom is allowed.

SAY THIS

“Look at the board. After lunch is park time.”

1 STOP

Hands still. Feet still.

2 BREATHE

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Bedtime Battles plan

The 3-step wind-down for the child who fights sleep every night.

DO THIS

1. Start the wind-down 30 minutes before you want them asleep.
2. Same three steps every night: wash up, quiet play or book, lights low.
3. When they come out of the room, walk them back with no talking and no eye contact.
4. Do the silent return every single time. Boring is what works.
5. Expect it to take a week of the same routine before it sticks.

SAY THIS

"It is sleep time. I will walk you back."

"Your body needs rest. I love you. Good night."

1 STOP

Hands still. Feet still.

2 BREATHE

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Angry Mornings plan

For the child who wakes up mad — calm the first 10 minutes.

DO THIS

1. Do not talk for the first ten minutes. Their brain is still waking up.
2. Wake them ten minutes earlier so nothing is rushed.
3. Offer food and water before anything else — low blood sugar looks like anger.
4. Keep lights soft and voices low until they speak first.
5. Save corrections and questions for after breakfast.

SAY THIS

“Morning. No talking yet. Juice is on the table.”
“We will talk about it after you eat.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

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