



Incredible Years

Self-Monitoring Checklist

Children 8-12 Years

Please fill out this checklist each week indicating your personal goals for what you would like to achieve. The following week check if you have achieved your personal goals and make your new goals for the week.

Session 1: Introductions, Goals, Special Time

_____ Read Chapter 1 (How to Play With Your Child).

My goal for the coming week:

Session 2: Importance of Parental Attention and Special Time

_____ Read Chapter 2 (Praise).

_____ Special times this week will include:

My goal for the coming week:

Session 3: Effective Praise and Encouragement

_____ Practice doubling my praises this week for the following behaviors:

_____ Read Chapter 3 (Tangible Rewards).

_____ Special times this week will include:

_____ Make buddy call

My goal for the coming week:

Session 4: Using Tangible Reward Programs to Motivate My Child

_____ Read Part 3, Problem 15: (Reading with Care).

_____ Practice increasing my praises with my child.

___ Special times this week will include:

___ Set up a sticker chart this week

___ Make buddy call

My goal for the coming week:

Session 5: Supporting Your Child's Education

___ Read Chapter 4 (Limit Setting) & Part 3, Problem 1 (Taking Charge of Your Child's Screen Time)

___ Use a sticker chart with my child.

___ Send note or make phone call praising my child's teacher

___ Special times this week will include:

___ Make buddy call

My goal for the coming week:

Session 6: Predictable Learning Routines and Clear Limit-Setting

___ Read Chapter 5 (Ignore).

___ Use a sticker chart with my child.

___ Practice reducing commands and making polite requests

___ Special times this week will include:

___ Make buddy call

My goal for the coming week:

Session 7: Ignoring Misbehavior

___ Read Chapter 11 (Controlling Upsetting Thoughts).

___ Practice ignoring the following misbehaviors:

___ Special times this week will include:

___ Continue using sticker chart with my child.

___ Make buddy call

My goal for the coming week:

Session 8: Timeout and Other Consequences

___ Read Chapter 6 (Time Out to Calm Down).

___ If not read previously, Read Chapter 11 (Controlling Upsetting Thoughts).

___ Use timeout or a consequence this week.

___ Special times this week will include:

___ Make buddy call

My goal for the coming week:

Session 9: Other Consequences

___ Read Chapter 7 (Consequences).

___ Use a consequence this week.

___ Special times this week will include:

___ Make buddy call

My goal for the coming week:

Session 10: Speaking Up and Active Listening

___ Read Chapter 13 (Effective Communication Skills).

___ Special times this week

___ Practice speaking up and listening

___ Make buddy call

My goal for the coming week:

Session 11: Personal Self-Control and Depression Management

___ Review Chapter 11 (Controlling Upsetting Thoughts).

___ Practice speaking up and listening

- ___ Practice positive self-talk
- ___ Special time this week
- ___ Make buddy call

My goal for the coming week:

Session 12: Giving and Getting Support

- ___ Read Chapter 12 (Time Out from Stress and Anger).
- ___ Practice positive self-talk
- ___ Special time this week
- ___ Make buddy call

My goal for the coming week:

Session 13: Problem-Solving For Adults

- ___ Read Chapter 14 (Problem Solving with Adults).
- ___ Special time this week
- ___ Make buddy call

My goal for the coming week:

Session 14: Problem-Solving With Teachers

- ___ Read Chapter 15 (Working with Teachers).
- ___ Special time this week
- ___ Make buddy call

My goal for the coming week:

Session 15: Problem-Solving With Children

- ___ Read Chapter 8 (Teaching Children to Problem Solve).
- ___ Special time this week
- ___ Make buddy call

My goal for the coming week:

Session 16: Problem-Solving with Children and Family Meetings

- ___ Read Chapter 9 (Helping Children Learn to Regulate their Emotions).
- ___ Have a family meeting to plan a fun event
- ___ Make buddy call

My goal for the coming week:

Session 17: Review and Catch Up

- ___ Had a family meeting
- ___ Make buddy call

My goal for the coming week: