

## Tips & Tricks

### 1. Always teach to accepting feedback

Explain to your youth when they come into the program that it's easy. When they earn a -2,000 points, they will earn 1,000 back. They will also earn another 1,000 points when they control their emotions and say "ok".

Make sure that you teach to accepting feedback every time your youth earns negative points. If your youth has trouble accepting negative points then practice it with roleplays throughout the day, written on the card.

You will find your life as a foster parent much easier if you can deliver negative consequences without worrying about your youth escalating.

### 2. Always do roleplays each day

Roleplays are the "oil" that makes each day easier. Make sure that roleplays are done immediately after filling out the card. You don't want your youth going out of instructional control because they earn -2,000 and realize they are below zero and have lost their privileges. By doing roleplays, you remind your youth how to act, and it builds a nice cushion for the -2,000 points they will be earning later in the day.

### 3. Don't tell youth no, tell them how

By telling a youth how to get what they want you teach decision-making. It really helps youth to understand what is involved in "yes" answers. They think that you say no to be mean, and if you would just get out of the way they could have what they want and be happy. As adults, we know that getting what we want comes with a price and so we often choose no because the price isn't worth the activity.

#### **4. Family meetings reduce out of instructional control behavior and acting out**

When you have regular family meetings you give your youth the opportunity to make decisions and have control in your home, making it less likely that they will try to take control from you by acting out. When you notice things are tense and there is more acting out than usual, this is a signal that you need more family meetings.

#### **5. Schedule one-on-one time each week with your youth**

You don't really need to schedule it. Just tell your youth that you intend to spend one-on-one time with them and they can pick the activity. The youth will pester you about it, typically! It is important for your youth to get to know you. It is also MOST important when you are frustrated or angry with a youth. If you don't you are more likely to lose them.