

JUST FOR PARENTS: CPS IN FAMILIES

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1

FINDING THE TIME

- Finding time isn't easy:
 - Keeping up and just managing with the all-day routines is more than enough for most of us
 - We might be busy extinguishing the fire, so we never have time to turn off the gas
- We are so stressed because of all the unsolved problems, so we never give us time to solve the problems
- Take the time to solve the problems, it will save you time, it will lower your stress and it will heal the relationship

2

ALSUP

- Lagging skills
 - Thats why it's not your kids fault!
 - Thats why it's not your fault!
- Unsolved problems:
 - The benefits of the new ALSUP
- Are we sure of the problem and the wording?
 - No behavior (Thats the symptom, not the problem)
 - Will everyone understand what we are talking about?

3

UNSOLVED PROBLEMS: YOUR QUESTIONS?

- Please ask or comment on anything!
- English, Swedish or Finnish works for me

4

PRIORITIZING

- What unsolved problem should I start with?
 - Safety
 - Prevalence
 - Gravity
- However if you're new to CPS you might want to do a testrun with a problem that is less likely to be tricky

5

USING PLAN C TO CREATE A COLLABORATIVE ENVIRONMENT

- Plan A, Plan B and Plan C
 - Anyone needs a quick repeat?
- While Plan B is our problemsolving mode, we need an environment that support our attempts
 - We can not work in an ongoing chaos
- Plan C is not about allowing bad behavior, it's about setting expectations aside for now.

6

PLAN B: RIGHT TIME & RIGHT PLACE

- Not in the heat of the moment
- Planned and informed
- It might be a good idea to have a scheduled time if you have many problems to solve

7

PLAN B: GETTING USED TOGETHER

- Everything might not go smooth the first time
- But it will get better for each time
- As you get better you will need less time
- You're not the only one who gets better at it, your kid is also getting better at it

8

PLAN B: YOUR QUESTIONS

- Please ask or comment on anything!
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9

PLAN B: EMPATHY STEP

- What could be tricky?
 - What if the child doesn't speak?
 - What if the child says "it's not my problem"?
- How do I know when I'm done with Empathy step?
- Stick to the Drilling strategies and just listening

10

PLAN B: DEFINE THE PROBLEM STEP

- It is not a repetition of the unsolved problem
- Ask yourself: Why is it important that the expectation is met?
- How is the problem affecting the kid? How is the problem affecting others?
- Health, Safety, Learning

11

PLAN B: INVITATION STEP

- No preordained solutions
- If there's many concerns, you might need many solutions. You might even need another session to finish working with the unsolved problem
- It has to work for all parts, make sure you address all the concerns

12

PLAN B: YOUR QUESTIONS ABOUT THE THREE STEPS?

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