

Make it Stick Parenting

Sticky Notes
Handbook



Made for you by
Elizabeth Sautter and
Dr. Rebecca Branstetter



Make It Stick
Parenting

EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com



My child is giving me a
hard time. →



Make It Stick
Parenting

EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com

Behavior is the Tip of the Iceberg

What I see:



What "below the
waterline" skills I am
curious about:



Make It Stick
Parenting
EMBRACING **TEACHABLE** MOMENTS

MakeSocialLearningStick.com

Sticky Note Tip #1: Think below the _____ and reframe your child's behavior as "having" a hard time. See how it changes your _____.



Make It Stick
Parenting

EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com



I am doing something
wrong. I need a highly
specialized strategy to “fix”
the problem in my child



Make It Stick
Parenting

EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com

**Sticky Note Tip #2: Don't join
the chaos, _____ to calm
the cortisol.**



Make It Stick
Parenting

EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com

Scripts for Co-Regulation

Instead of saying

That's enough

Calm down

You're okay

Stop yelling

Just do this right now!

Say this instead



Make It Stick
Parenting

EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com



Social-emotional
learning is an ADD ON.
I do not have time,
energy, or skills to
teach my child.



Make It Stick
Parenting

EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com

Sticky Note Tip #3: _____
_____ are Everywhere!



Make It Stick
Parenting

EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com

- 1)
- 2)
- 3)

AT THE TABLE



Make It Stick
Parenting

EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com

What We Learned Together



Understand why your child has big reactions that can take over your home life

Key takehome message:



How to reduce your child's (and your) anxiety and overwhelm

Key takehome message:



The key ingredient to boosting your child's emotional intelligence and social skills without adding more to your plate.

Key takehome message:



Make It Stick
Parenting

EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com

Want to join us with a proven path to calm and clarity?

rinse and repeat

TEACHABLE MOMENTS + EVERYDAY ACTIVITIES



MAKE THE ABSTRACT CONCRETE

MINDFULNESS



BONDING



BRIDGING

FOUNDATIONAL NEEDS FOR CHILD



UNDERSTANDING YOUR CHILD'S STRENGTHS + WEAKNESSES

FOUNDATIONAL NEEDS FOR PARENTS



start



Make It Stick
Parenting

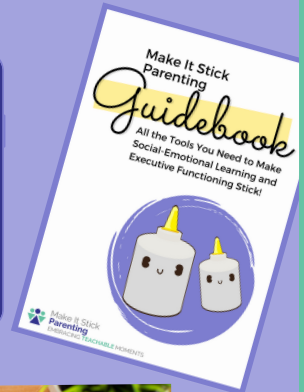
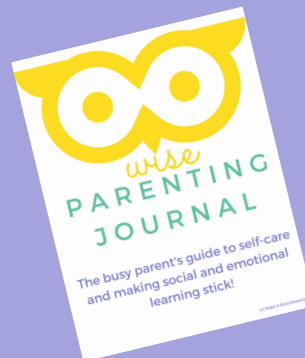
EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com

Don't Miss Out!

Enrollment is OPEN for the "Make It Stick Parenting" Course and Community!



 **Make It Stick Parenting**
EMBRACING **TEACHABLE** MOMENTS



SPECIAL TIME-SENSITIVE
DISCOUNT AVAILABLE!
50% OFF FOR WATCHING THIS
TRAINING!

www.makesociallearningstick.com/make-it-stick-parenting-course

 **Make It Stick Parenting**
EMBRACING **TEACHABLE** MOMENTS
MakeSocialLearningStick.com



MAKE IT STICK

A Positive Parenting Program for Neurodiverse Families

SHINING A LIGHT ON STRENGTHS

As parents, (and indeed, humans!) we can have a tendency to focus on what is not going well over what is going well. The negatives “stick” more in our minds, and this is evolutionarily programmed. It takes conscious effort to focus on your child’s strengths on a daily basis, but it is an essential ingredient to building lagging skills and maintaining a positive connection with your child.

Write down 3 core strengths you’d like to focus on and harness to compensate for your child’s challenges. We’ve provided some examples of specific strengths below.

Strength #1

Strength #2

Strength #3

Character Strengths

- Bravery
- Curious
- Fair
- Honest
- Loyal
- Helpful
- Empathic
- Independent
- Resilient

Social Strengths

- Team Player
- Sharing
- Takes Turns
- Accepts Differences in Others
- Makes Positive Comments About Others
- Apologizes When Needed
- Good Listener
- Shows Interest in Others’ Ideas
- Flexible in Deciding What To Do, Play, Solve Problems

Language Strengths

- Solid Vocabulary
- Can Express Thoughts/Feelings
- Can Change Tone of Voice to Situation
- Good Storyteller
- Likes learning new words
- Understands jokes, puns, sarcasm
- Learn words in songs easily
- Likes listening to stories
- Can ask for needs

Academic Strengths

- Love of Learning
- Perseverance
- Growth Mindset
- Sets Goals
- Can keep track of belongings
- Keeps track of time & schedules
- Self-Starter
- Can ignore distractions and focus on tasks
- Plans

Other Strengths

- Artistic
- Appreciates Beauty
- Creativity
- Grateful
- Hopeful
- Humorous
- Kind
- Leadership
- Zest for Life



Repurposing Areas of Need as Strengths

Labeling is a double-edged sword. At times, it can be useful to help understand lagging skills or and give your child access to services. At other times, it can be stigmatizing or defining. And when we focus on all of the things that are weak, it can be unmotivating and reduce confidence. Let's put strengths and weaknesses on a continuum, not an either/or. The very same weakness can also be a strength.

What areas of need do you sometimes use when describing your child? What is the positive flip of this weakness? Read the examples below and come up with a few of your own.

Weakness

- Stubborn
- Inflexible
- Hyper
- Too Emotional
- Lazy on tasks they don't like
- Withdrawn
- Perfectionistic
- Anxious
- Disorganized

Repurposed Strength

- Persistent
- Determined and Goal-Oriented
- Energetic
- Expressive of Feelings
- Enjoys High-Interest Tasks
- Introspective
- Care about work, Detail-oriented
- Empathic, Cares what others think, Enjoys planning, Deep Thinker
- Thrives in Complex Environments

Your Turn!

Weakness

#1

#2

#3

Repurposed Strength

#1

#2

#3





MAKE IT STICK

A Positive Parenting Program for **Neurodiverse Families**

Words That Connect!

Developed by Elizabeth Sautter, MA, CCC-SLP & Dr. Rebecca Branstetter, Ph.D.

Instead of Saying...

- Stop yelling.
- Don't get upset.
- Go to bed.
- I can't deal with this/you.
- I need a break from you.
- Pull it together.
- Why are you so upset?
- You're overreacting.
- Stop whining.
- You need to deal with this.
- That's enough.
- Calm down.
- You're okay.

Say This...

- What's going on for you?
- I can see you are sad/mad.
- What is next in your bedtime routine?
- I'm here if you need me.
- Can we take a deep breath together?
- Which calming strategy would work for you right now?
- You seem upset. Do you need to talk about it or take a break?
- I can see this is really upsetting.
- Is there a word that matches how you feel right now?
- We'll get through this.
- I'm here for you.
- How can I help?
- Are you okay?



Words That Connect! cont.

Instead of Saying...

- Pick up that towel!
- You need to do X right now.
- Do this first.
- Stop doing X
- Can you hear me? I've asked you 3 times!
- Put your dishes in the dishwasher
- Put your dishes in the dishwasher
- Do your homework now.
- Don't forget your coat.
- Get your shoes and backpack.

Say This...

- One word..."towel" OR no words - using a gesture - Point to the towel on the floor.
- Give a choice. "Would you like to do X or Y right now?"
- What is your plan for _____ (doing thing)?
- When you're finished with that chapter/level/X, then its time for dinner.
- I see that you are really interested in your game/show/X and it's time for dinner.
- What did you agree to help me with after dinner?
- What did you agree to help me with after dinner?
- What are your ideas for finishing your homework tonight before 9pm?
- Do you have everything you need for the cold day?
- What do you need to get ready for school?

For even more positive language scripts and access to our proven pathway to raise emotionally healthy children, sign up for our Make It STICK Parenting Program at GenMindful.com See you there!

