



Plan B Worksheet (revised 8/10; © MGH)

- **WHAT** is the focus of the conversation (which problem to be solved)? _____
- **WHO** is going to have the conversation? _____
- **WHEN**, and **WHERE** are you going to have it? _____

EMPATHY / UNDERSTANDING:

- **HOW ARE YOU GOING TO START OFF?**
 - Be specific about the problem but don't focus on the behavior, assume or blame.
 - Stick to the facts or externalize the problem.
 - Examples: "I've noticed that" ... "waking up has been tough lately" ... "something's been up with the homework" ... "something about group hasn't been working for you lately" ... "we've been arguing about food a lot lately" ... "its been tough to sit still during seated work"

- **DO YOU HAVE ANY IDEA WHAT THE CHILD'S CONCERNS MIGHT BE?**
 - What types of clarifying questions might you ask?
 - What type of educated guesses might you make if needed?

1. _____ 2. _____
3. _____ 4. _____

DEFINE THE PROBLEM:

- **WHY ARE YOU BRINGING THE PROBLEM UP?**
 - Clarify your own main concerns ahead of time. Be specific! Health, safety, learning, impact on others?

1. _____ 2. _____



Plan B “Cheat Sheet” (revised 3/10; © MGH)

1. Empathy / Understanding

- “I’ve noticed that” (neutral, don’t blame or assume, stick to the facts!)

- **Gather information:** ask questions, take guesses, reflect what you hear, provide reassurance.
- **Don’t rush!** Move on only when you know the kid’s concern or perspective

2. Define the Problem

- “The thing is ...” or “I’m worried that ...”
- **What are your main concerns?** Health, safety, learning, impact on others?

1. _____

2. _____

3. _____

4. _____

3. Invitation to Brainstorm

- **Frame the problem:** “I wonder if there’s a way that....” (repeat their concerns and your concerns)
- **Give kid first crack at it** (“Do you have any ideas?") but provide help if needed

4. After the Invitation

- Any idea is a good idea! Litmus test: **Does it work for you? Does it work for me? Doable? Bring up any other concerns?**
- *If neither of you has any ideas, come back to it later.*
- If you do come up with a solution, see try it out and then come back and talk about how it worked!