

# ACT Method Tips

1. Sometimes you do not have time to think of the steps in the right order, especially if something dangerous is about to happen. It is OK to do the steps out of order in this situation, just remember to do all the steps.

2. Children watch what we do more than what we say. Look your child in the eyes when you talk to them. They will hear you better this way.

3. Show your child another choice.

4. You may have to move your child. If your child doesn't stop what they are doing, you should move them. You can do this by gently lifting under their arms. Point them in another direction. If they will not move, stay calm and gentle. Give them a choice.

If your child screams and cries, take them to their room or to another quiet place. Tell them when they stop crying and yelling, then they can come out and play. After *2 - 4 minutes*, ask them if they are ready to stop crying and come out. If they say yes, give them a hug. If they still cry, tell them you will come back later. Check again in another 2-4 minutes, and then every 5-10 minutes.