

Clear, Consistent Feedback Worksheet

When thinking about giving feedback, sometimes it is helpful to think about what behaviors your child has that you see as functional, that you like, and that are prosocial.

The following are some examples of behaviors that warrant positive feedback:

- Remembering to bring homework planner home
- Writing neatly in planner
- Completing hygiene routine
- Brushing teeth well
- Using an inside voice while playing
- Taking accountability for actions
- Keeping hands to self
- Using a coping skill unprompted
- Using a coping skill after being prompted
- Keeping backpack in designated area
- Putting away items that were recently used
- Asking for something politely
- Accepting “no” as an answer
- Having a positive attitude
- Using words to express feelings, thoughts or needs
- Using a calm voice when upset

The following are phrases that can be used to express feedback:

- “I really like the way you wrote your homework so neatly!”
- “I felt really good when I saw you follow my directions so quickly, thank you!”
- “I noticed that you did your chore without being asked, I love that!”
- “Thank you for telling me how you feel about that, I love when you use your words.”
- “I noticed that you were being a kind friend at the park today, I really like that about you.”
- “I noticed that this morning you were having a hard time but I am really proud of you for using coping skills and turing your day around”

Some questions to ask yourself about the feedback that you give:

1. Do I give my child enough feedback? If not, do I need to set 2-3 reminders a day to help myself remember?
2. Am I focusing more on negative behaviors? Is this making it hard for me to see the positive ones?
3. If my child is struggling, is there a way that I can find one small thing that they are doing well to point out to them? Ex: if they had a major tantrum, maybe they were able to turn their day around and have a positive rest of the day. Or maybe they were able to use a coping skill. Did they use their words to say they were upset after you prompted them to tell you how they felt?

