

What do external motivators accomplish?

DO basic lessons

- Provide external motivation

DON'T complex thinking skills

- Build relationships
- Help people stay calm
- Develop internal motivation

ThinkKids.org © 2023 Mass General Brigham Incorporated ThinkKids

1

ThinkKids.org © 2023 Mass General Brigham Incorporated ThinkKids

2

The Three Plans: Your options for responding to problems

- A** Use your power and authority to impose your will
- B** Solve the problem collaboratively
- C** Drop or reduce the demand

ThinkKids.org © 2023 Mass General Brigham Incorporated ThinkKids

3

Goals pursued by the 3 Plans

GOALS	PLAN A	PLAN C	PLAN B
Pursue expectations	✓	✗	✓
Reduce Undesired Behavior	✗	✓	✓
Build skills	✗	✗	✓
Solve problems durably	✗	✗	✓
Build a helping relationship	✗	?	✓

ThinkKids.org © 2023 Mass General Brigham Incorporated ThinkKids

4

Plan B Ingredients

- 1. Empathize** Understand their concern
- 2. Share** Present your concern
- 3. Collaborate** Brainstorm, assess, and choose a solution

ThinkKids.org © 2023 Mass General Brigham Incorporated ThinkKids

5

The CPS Mindset

- Being open
- Being curious
- Not assuming we already know
- Not jumping to conclusions
- Looking at the whole picture
- Recognizing differences
- Checking our biases
- Checking our assumptions

ThinkKids.org © 2023 Mass General Brigham Incorporated ThinkKids

6