**Playbook to Inject the Healthy Undercurrent of Normality and Accountability**

*Mental or Physical Impairment Seed*

**Family Plan**

**Who:**

* Abby, Mom, Grandma, Aunt Teresa, Jackie (Cousin)

**What:**

* Mom and/or Grandma will spend 10 minutes each night talking to Abby about a subject of her choice or doing a self-soothing activity to help Abby to regulate her emotions before bedtime
* Mom will maintain a daily calendar on the refrigerator so that Abby can check each day to know when to be ready for something
* To help Abby with transitioning to new activities, Mom or Grandma will use a timer and give Abby 5-10 minutes notice before asking her to be ready to go*(Example: “Abby you need to turn off the TV in 5 minutes. I have set the timer so you know when you need to turn it off.” Or “Abby, in 15 minutes we are going to go to town for a family outing. We have set the timer so you can see when you need to be ready.”)*
* Mom and Grandma will give Abby a Positive Teen Report daily (to show Abby that they notice the little positive things that Abby does each day)
* Mom, Grandma, Abby, Aunt Teresa and Jackie will do a “family fun activity” every two weeks to build relationships and develop Abby’s pro-social skills

**When:**

* The family fun activity will occur either Friday night, Saturday or Sunday and will be scheduled the preceding week
* Each person will take turns selecting the family fun activity from the Family Fun Activity List, going in the following order – Abby, Jackie, Mom, Aunt Teresa, Grandma (this list can be added to as long as Mom and Grandma agree with the new suggestion)

**Where:**

* Abby’s nightly talk with mom and/or Grandma will occur in her bedroom
* Self-Soothing activities will occur at home, either the porch, Abby’s bedroom, or the kitchen table

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| **Self-Soothing Activities** | **Family Fun Activities** |
| 1. Listen to Abby’s favorite songs on mom’s cell phone 2. Sit and rock with Abby on the porch swing, counting stars or identifying cloud shapes 3. Read a story aloud 4. Color a picture 5. Brush Abby’s hair | 1. Play Charades together with Aunt Teresa making the snacks (brownies or cookies) 2. Go on a Scavenger Hunt at the park 3. Abby and Jackie create an Interpretative Dance to their favorite song and perform it for everyone 4. Everyone goes on an “upside picnic” in the backyard where each person selects one “whacky” food item for the picnic (each person agrees to eat what they choose and what everyone else brings also) 5. Tip to the Mall to eat Pizza at the Pizzeria |