

THE CONFIDENCE BUILDER PLAN

CLIENT:

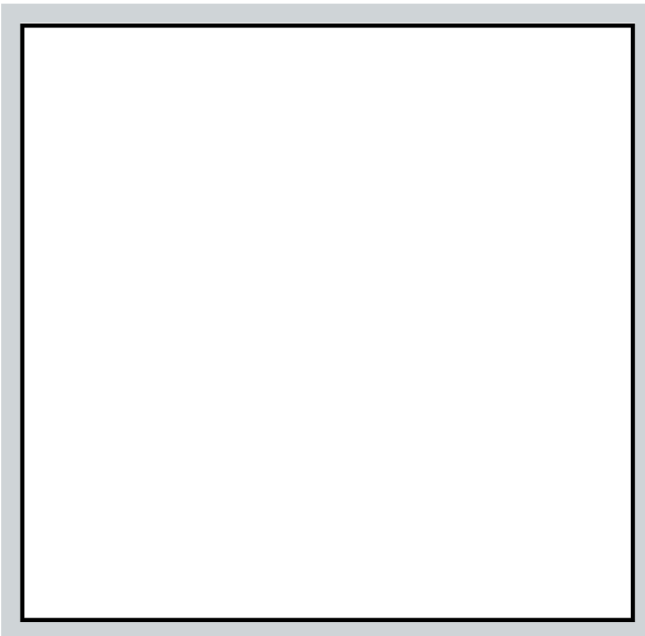
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PURPOSE

The Confidence Builder Plan is designed for parents who need extra support to feel capable and confident in helping their child succeed. This plan provides strategies for reducing stress, building self-efficacy, and developing a strong, collaborative relationship with their child. Parents will learn self-care techniques, mindset shifts, and practical tools to feel more empowered in their parenting journey.

SPECIFIC NEEDS FOR THIS FAMILY:

(Use the space below to document the unique characteristics or challenges of the family you are working with.)



FAMILY PROFILE

Typical Characteristics of Families Who Need This Plan:

- ☐ Parents feel overwhelmed, stressed, or unsure about their ability to implement ABA strategies.
- ☐ Family may struggle with self-care and need support in managing daily stressors.
- ☐ Parents want to build a stronger, more collaborative relationship with their child.
- ☐ Family needs tools to improve emotional regulation and maintain a positive parenting mindset.
- ☐ Parents are looking for strategies to balance their own well-being while supporting their child's needs.

GOAL SETTING

RECOMMENDED AND EXAMPLE GOALS

Select or Customize Goals

Choose from the recommended goals below or write your own to align with the family's specific needs.

Building Parental Confidence

- ☐ Parent will identify and acknowledge three personal strengths related to parenting and implementing ABA strategies.
- ☐ Parent will set and track progress toward one personal parenting goal over a four-week period.

Strengthening the Parent-Child Relationship

- ☐ Parent will engage in at least one positive, child-led interaction per day with no demands or instructions.
- ☐ Parent will use reinforcement and praise to recognize their child's efforts in at least 80% of opportunities.

Managing Stress and Prioritizing Self-Care

- ☐ Parent will engage in at least one self-care activity per day and reflect on its impact.
- ☐ Parent will implement a stress-management strategy (e.g., deep breathing, mindfulness, journaling) during moments of overwhelm at least three times per week.

Improving Emotional Regulation and Mindset

- ☐ Parent will use a coping strategy when feeling frustrated or overwhelmed before reacting in high-stress situations.
- ☐ Parent will practice reframing negative thoughts about parenting challenges into positive or growth-oriented statements.

Customized Goals for This Family: (Write additional or revised goals specific to the family.)

RECOMMENDED LESSONS

Below is the recommended sequence of lessons for a family who fits this profile. As they gain skills and confidence, you can add new lessons or move to a different plan.

1. Sustainable Parenting

Parents play a critical role in their child's success, but caring for themselves is just as important. This lesson provides strategies for self-care, stress reduction, and maintaining emotional well-being, helping parents stay resilient and engaged.

2. Building a Collaborative Relationship with Your Child

A strong parent-child bond creates a foundation for learning and positive interactions. This lesson teaches parents how to engage with their child in meaningful ways, fostering trust and cooperation.

3. Setting Effective Goals

Parents are more likely to feel successful when they can measure progress. This lesson helps parents set realistic, achievable goals for both themselves and their child, ensuring they see and celebrate small wins along the way.

4. Reinforcement

Reinforcement is not just for children—it can also help parents encourage their own positive habits and build confidence in their parenting skills. This lesson teaches parents how to reinforce their own efforts, stay motivated, and create an environment that supports learning for everyone in the family.

5. Responding with Compassion

Parents often experience guilt, frustration, or self-doubt when facing challenges. This lesson helps parents reframe setbacks, practice self-compassion, and develop a mindset that supports growth rather than self-criticism.

6. Troubleshooting ABA Strategies

When things don't go as planned, it can shake a parent's confidence. This lesson provides practical tools to troubleshoot and adapt ABA strategies, giving parents the flexibility and problem-solving skills needed to handle challenges with confidence.

RECOMMENDED LESSONS

7. Ethical Considerations for Parents

Navigating ABA strategies, decision-making, and long-term planning can be overwhelming for parents. This lesson helps parents understand their role in making ethical, informed decisions that support both their child's well-being and their own confidence as caregivers.

Additional Lessons to Include (if applicable): (Add or adjust lessons to match family needs.)

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Engagement Tips

Normalize Challenges and Celebrate Small Wins

Parents may feel discouraged or doubt their abilities when things don't go as planned. Remind them that challenges are a normal part of parenting and that progress happens in small steps. Encourage them to celebrate even minor successes, reinforcing their efforts and growth.

Prioritize Self-Care Without Guilt

Many parents put their child's needs before their own, leading to burnout. Help them understand that taking care of themselves allows them to be more present and effective in supporting their child. Encourage small, intentional self-care practices that feel manageable.

Encourage a Growth Mindset

Remind parents that learning and adapting are ongoing processes. Help them reframe setbacks as learning opportunities and encourage them to approach challenges with curiosity rather than frustration. A growth mindset allows them to stay resilient and flexible in their parenting journey.

Family-Specific Engagement Notes: (Write strategies for engaging this family, considering their strengths and concerns.)

Reinforce Their Strengths and Abilities

Parents often focus on what's not working rather than recognizing what they're doing well. Point out their strengths, acknowledge their dedication, and reinforce their capability to handle challenges, helping them build confidence in their parenting.

Provide Real-Life Examples and Practical Strategies

Some parents may struggle with applying ABA concepts to their daily lives. Offer practical, easy-to-implement strategies that fit into their routines, ensuring that interventions feel doable rather than overwhelming.



COMMON OBJECTIONS AND SOLUTIONS

Step 1: Identify Objections (Check or write in objections that apply to the family.)

<input type="checkbox"/>	"I'm not sure I'm doing it right."	<input type="checkbox"/>	_____
<input type="checkbox"/>	" What if I make things worse?"	<input type="checkbox"/>	_____
<input type="checkbox"/>	"I don't think I'm cut out for this."	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Step 2: Write Solutions (Document strategies to address the identified objections.)

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PROGRESS TRACKER

Parent Goals: (Outline specific goals for parents based on the lessons and their needs.)

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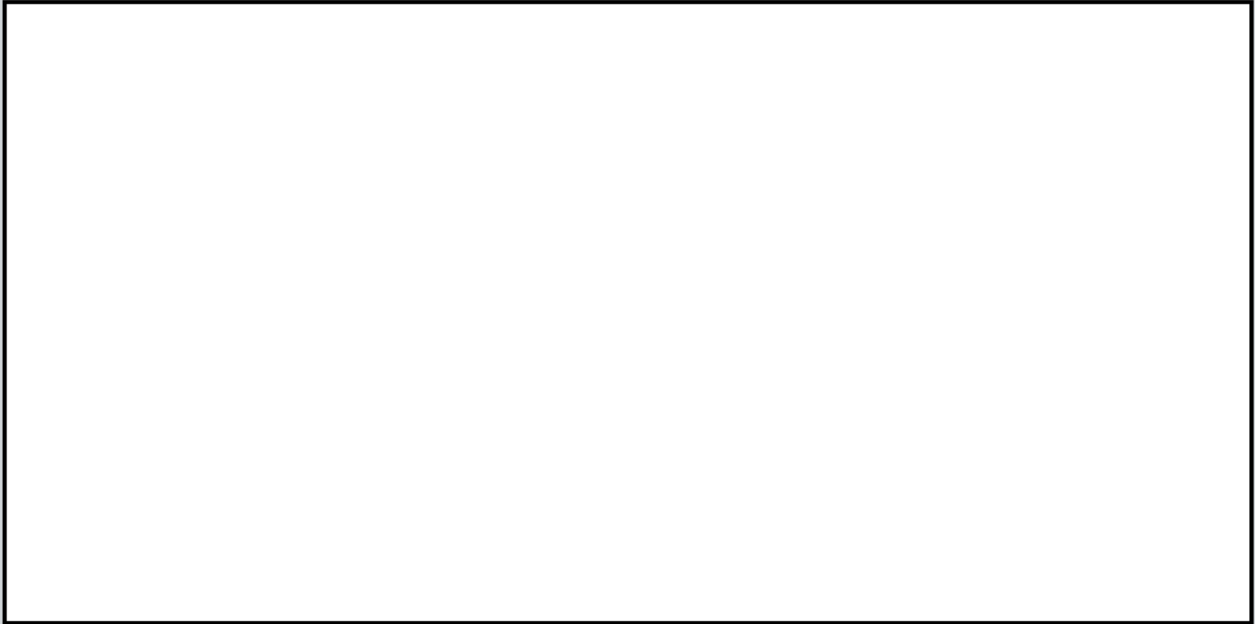
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Weekly Progress Notes:(Record observations and data to track parent engagement and skill implementation.)

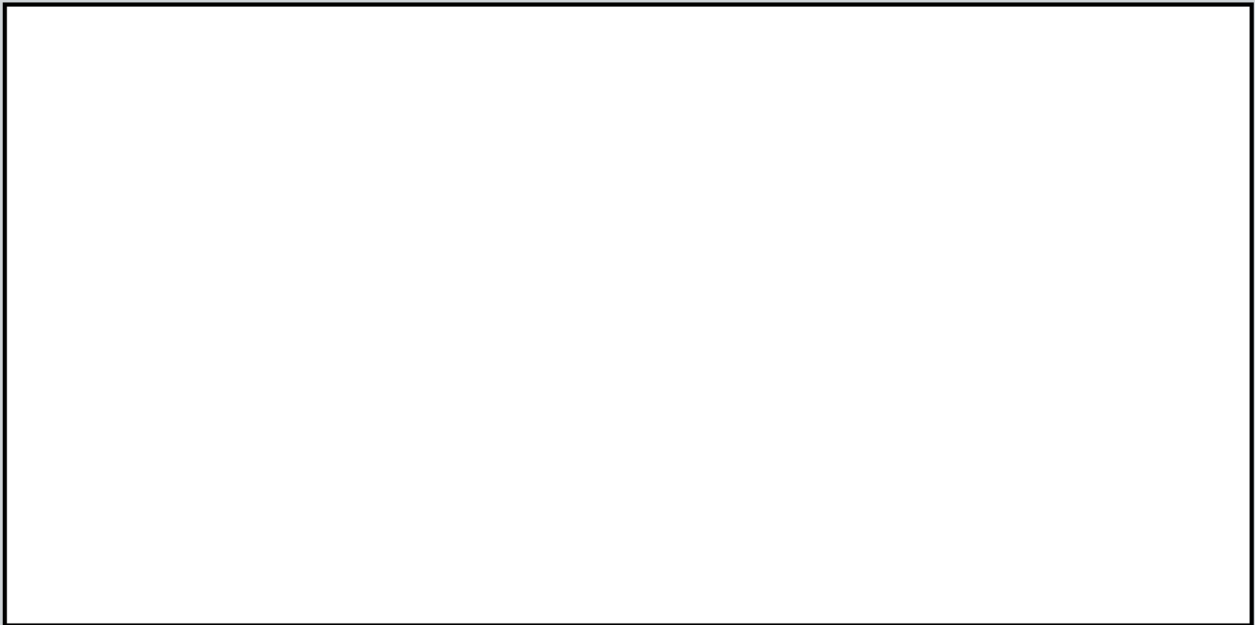
Week	Parent Goal	Progress	Notes
Week 1			
Week 2			
Week 3			

Reflection Log

What went well this week?

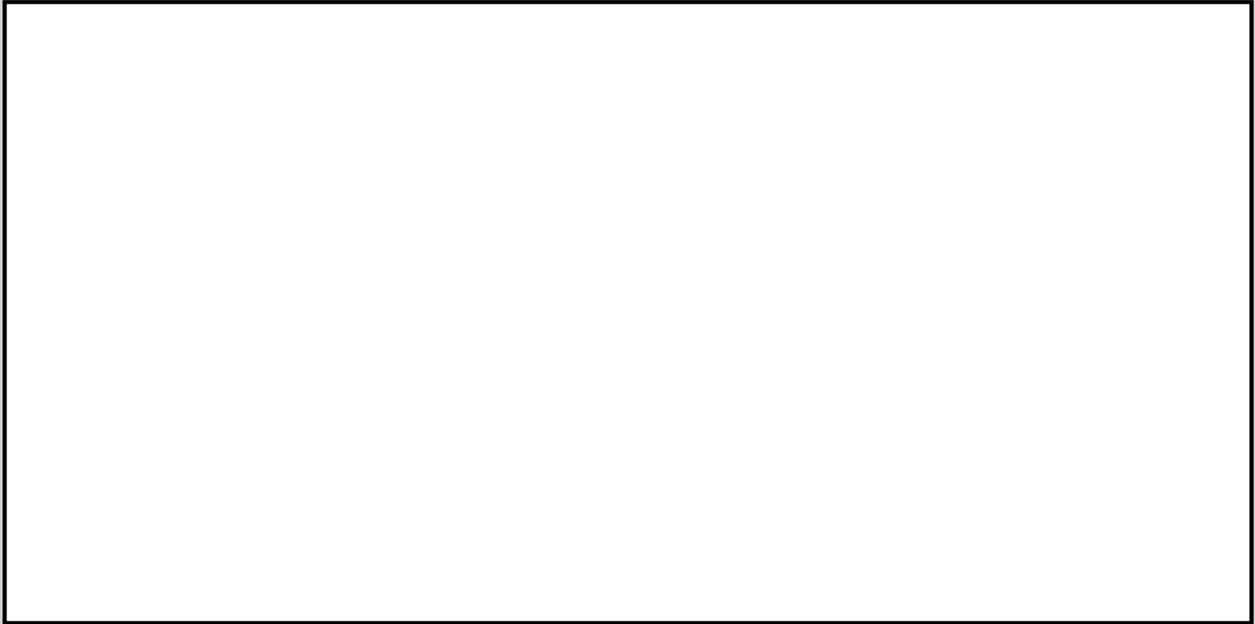
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What challenges did you face?

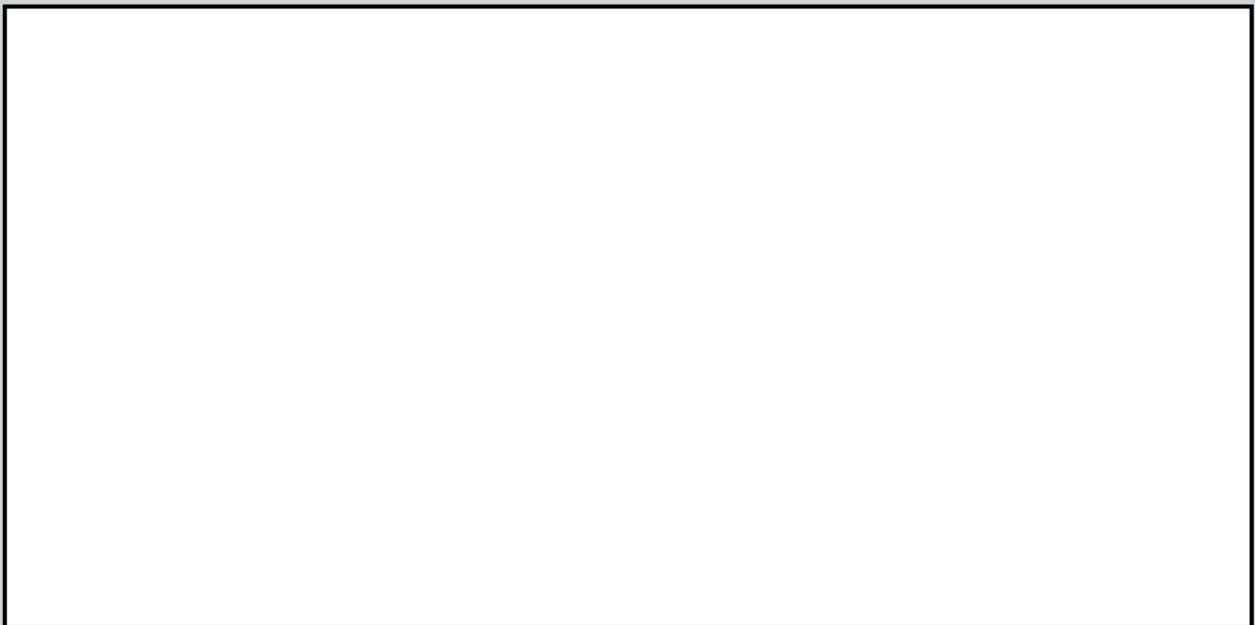
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Reflection Log

What adjustments need to be made?

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Additional Notes

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