

### Growing Orchids: Week 3 Homework

#### Practical Issues Part I

This week for homework we are working on identifying the specific areas you are struggling with (that were covered herein) and finding practical solutions that respect the orchid temperament. I add a section at the end for new issues that may not have been covered and feel free to review this with me during office hours or via email if you find you struggle with identifying ways of coping.

As always, I provide examples below and empty forms are available to print up and work on yourself after.

#### Identifying Your Problems

In each of the following areas please identify the problems you have struggled with in as much detail as possible.

Area	Problem
<b>"Perfect" Parenting</b>	<i>I struggle with feeling like I can't express any negative emotion for fear of what it will do to my orchid; she will wither if I even look sideways, but I can't seem to control it either. Then sometimes I find I just break down altogether over it.</i>
<b>Discipline</b>	<i>Big areas include correction over things like getting angry with his sister, not cleaning up, or throwing things at other kids. Correction just seems to make things worse, not better, and he gets even more angry and resistant when I try to explain why he can't do this or why he must do it (in the case of cleaning).</i>
<b>Getting Out of the House</b>	<i>We CANNOT get out on time. Always late because things are forgotten and I get so frustrated by this. Even when I remain calm, my orchid gets so upset in the car and we spend the entire drive just trying to make things right again so we don't arrive where we're going with each of us upset.</i>
<b>Sleep</b>	<i>Sleep is better now, but still need to co-sleep even though he's older. Also seems to need contact if he does wake at night, but that doesn't happen frequently.</i>
<b>Handling Change</b>	<i>Melts down over change. Seems to get highly emotional when things are not "as they should be". Specific examples include when we redecorated the living room, it was tears for days, or when we try to go on vacation and everything seems to just be much harder.</i>
<b>Other</b>	<i>Will not brush teeth. Absolutely refuses and it's a huge battle every night.</i>

## Checking What You Are Doing

In this section you will take a look at the steps outlined in this week's lesson to determine what you are doing and what you could be doing and then work to implement these changes.

Area	Steps (check what you are doing)	Notes
<b>Perfect Parenting</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Work on accepting not being perfect</li><li><input type="checkbox"/> Figure out the specific ways in which you can help your orchid overcome your mistakes or those of people around them</li></ul>	<i>I must put up notes somewhere to remind me of not being perfect. Will work on admitting my own frustrations earlier so they don't explode and tell her all about why I feel that way and it's not her.</i>
<b>Discipline</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Remain calm</li><li><input type="checkbox"/> Perspective-take</li><li><input type="checkbox"/> Start with a positive</li><li><input type="checkbox"/> Take time</li><li><input type="checkbox"/> Be clear it's about behaviour</li><li><input type="checkbox"/> Allow them to feel sad</li><li><input type="checkbox"/> Apologize (if necessary)</li><li><input type="checkbox"/> Practice</li></ul>	<i>Definitely need to work on taking time as I want to address right away so will save all discussions for evening or morning, we'll see. Will work on perspective-taking out loud. And will work on practice for the big areas, setting up a specific time.</i>
<b>Getting Out of the House</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Leave lots of time</li><li><input type="checkbox"/> Start with you getting things done</li><li><input type="checkbox"/> Be specific with your orchid</li><li><input type="checkbox"/> Be patient and calm</li></ul>	<i>Currently not doing any of this, will try it all.</i>
<b>Sleep</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Providing assistance at night to fall asleep</li><li><input type="checkbox"/> Check potential sensory issues</li><li><input type="checkbox"/> Check light levels in evening and overnight</li><li><input type="checkbox"/> Check temperature</li><li><input type="checkbox"/> Set up arrangements that allow for more codependent sleep for a while where everyone is comfortable</li><li><input type="checkbox"/> Set a realistic time frame</li></ul>	<i>Shifting expectations helps, but will need to find a way to have arrangements that are more longer term than our current set up.</i>
<b>Dealing with Change</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Routines that speak to your child and provide a safe environment</li><li><input type="checkbox"/> Downtime for your child on a regular basis</li><li><input type="checkbox"/> Routines for specific people in their lives</li><li><input type="checkbox"/> Start early</li><li><input type="checkbox"/> Invite their input</li><li><input type="checkbox"/> Support</li></ul>	<i>Before we go away next will ask what toys to bring to allow for regular downtime like at home. Will also ask what we can add to the living room to make it more like it was before for him. Considering ways to add more elements of routine to his week.</i>
<b>Other</b>		

Identifying Your Problems For Orchid Child \_\_\_\_\_

Area	Problem
"Perfect" Parenting	
Discipline	
Getting Out of the House	
Sleep	
Handling Change	
Other	

## Checking What You Are Doing For Orchid Child \_\_\_\_\_

Area	Steps (check what you are doing)	Notes
<b>Perfect Parenting</b>	<input type="checkbox"/> Work on accepting not being perfect <input type="checkbox"/> Figure out the specific ways in which you can help your orchid overcome your mistakes or those of people around them	
<b>Discipline</b>	<input type="checkbox"/> Remain calm <input type="checkbox"/> Perspective-take <input type="checkbox"/> Start with a positive <input type="checkbox"/> Take time <input type="checkbox"/> Be clear it's about behaviour <input type="checkbox"/> Allow them to feel sad <input type="checkbox"/> Apologize (if necessary) <input type="checkbox"/> Practice	
<b>Getting Out of the House</b>	<input type="checkbox"/> Leave lots of time <input type="checkbox"/> Start with you getting things done <input type="checkbox"/> Be specific with your orchid <input type="checkbox"/> Be patient and calm	
<b>Sleep</b>	<input type="checkbox"/> Providing assistance at night to fall asleep <input type="checkbox"/> Check potential sensory issues <input type="checkbox"/> Check light levels in evening and overnight <input type="checkbox"/> Check temperature <input type="checkbox"/> Set up arrangements that allow for more codependent sleep for a while where everyone is comfortable <input type="checkbox"/> Set a realistic time frame	
<b>Dealing with Change</b>	<input type="checkbox"/> Routines that speak to your child and provide a safe environment <input type="checkbox"/> Downtime for your child on a regular basis <input type="checkbox"/> Routines for specific people in their lives <input type="checkbox"/> Start early <input type="checkbox"/> Invite their input <input type="checkbox"/> Support	
<b>Other</b>		