

The Recovery Process at Home

Goals of Recovery:

- Allow the parent and other family members to continue on with their day in a peaceful manner
- Allow the child to get themselves back together so they can re-join the family
- Send the message that the behavior will not be allowed to continue in the presence of others

Recovery is not intended to:

- Punish or embarrass the child
- Solve the child's problem
- Serve as an excuse for the parent to not have to help the child if they truly need it

Setting up a Recovery Area in your home:

Where should Recovery be?

What should it look like?

What should be available to the child while in Recovery?

Plugging the holes in your Recovery Plan:

How will I know if they have made it to Recovery and if they are ready to come out?

Does the child need to be supervised while in Recovery? If yes, how will that happen?

Under what conditions should the child be sent to Recovery?

How should the child be sent to Recovery?

How will I make sure that the child doesn't get more attention in Recovery than he/she did while misbehaving?

How long should the child stay in Recovery?

Who else should be included in the Recovery plan?

What if my child refuses to go to Recovery?

What else could go wrong?
