

## **Building the tool box: Picking the battles that you have the energy level for**

On any one day you only have a certain amount of energy, some of this energy is spent on work, or walking the dog, or managing the school run or thinking about dinner that night. If your child's behaviour management is taking up too much energy then either things get forgotten, or most likely you and your relationships get forgotten.

Just take a moment to think about all the things you need to have energy for in a day; then rate how much of your 100% energy they are taking up

So, you've found that your child is taking up way more of your energy and thought time than you can spare, that may be why you haven't spent much time on looking after yourself, friendships, or your relationship.

The first step to thinking about this is to look back over your weekly diaries at some of the external triggers. How many of these started with 'why can't you put your shoes where they belong' or 'flush the toilet'!

### **In your day, how many challenges do you think you have energy for?**

So, the next task is to ask yourself what things do we have to manage, what is a low-level issue and what could we ignore, even if it drives us crazy. You may really get annoyed that your child doesn't flush the toilet, but just think, how much energy does it take for you to feel a little annoyed and then to flush it yourself verses interrogating your child/children to find out who's guilty, making them flush it, and managing the huge outburst as they tell you they hate you and life's not fair. Now you are right, if you don't teach them, then they will never learn to flush the toilet, but that job is for another day when you have helped your child to manage their challenging behaviour.

Just think:

- What do I have to challenge; what is my bottom line
- What's annoying, but I could ignore
- What behaviours could I just ignore
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