

Tips for Getting the Most Out of Family Check-Up

- Pace yourself!
 - We recommend completing one module a week. Doing too much too fast can be overwhelming. By completing one module a week, you can work on implementing some of the strategies before learning about the next ones.
- Implement strategies slowly!
 - If you try to change too many things at once (even if they are positive changes) this can become confusing and overwhelming. By slowly making changes, your child can have time to adjust to and learn new expectations, and remember what they should be doing.
- Consistency is key!
 - For these strategies to work, they need to be implemented consistently.
- Be patient with yourself and your child!
 - Don't be discouraged if you implement the strategies from the program and don't immediately see the behavior change you are looking for. These strategies take time to effect behavior. You are doing great!
- Ask for help
 - If you don't understand something the module says or want help applying the content to practical scenarios you and your child encounter, reach out to your Coach. Research has shown that meeting with a coach significantly improves outcomes for families related to youth behavior and parental confidence.