

Practice the Next Step

Turn an explanation into a usable skill.

Knowing what to do while calm is different from doing it under stress. Small, repeated rehearsals make a new response easier to use. The adult's response often needs practice too.

FOUR MOVES TO TRY

01 Pick one small skill

Choose a response the person could realistically try.

02 Rehearse the actual words

Model, role-play, or use a respectful redo.

03 Try it in context

Plan where the skill will be most difficult to use.

04 Notice partial progress

Look for earlier recovery, fewer prompts, and more independent use.

TWO WAYS TO APPLY IT

YOUNGER CHILD

Practice asking for a break before a frustrating game, then try it during play.

TEENAGER

Rehearse a respectful way to ask for space, including when and how to return to the conversation.

COACH THE CAREGIVER

Have the caregiver practice a response that makes the new skill easier to use.

TRY IT THIS WEEK

Identify one repeated conflict. Rehearse one new response for the young person and one for the adult.

REFLECTION

Have we practiced the skill, or only explained it?

SAFETY AND PRACTICE

Progress varies by person and setting. Respect autonomy and do not treat disagreement itself as a failure.

AUTHORSHIP AND CONTEXT

Dr. Charles Pemberton, Ed.D., developed the original Clinical Perspectives materials for the FITT team while serving as Clinical Program Director at Omni Family of Services. This website adaptation is for general education; it does not state current Omni or FITT policy. Publication rights review is pending.