



FREE PARENT GUIDE

FIVE SMALL STEPS

Calmer days at home, *one small step at a time.*

A practical starting point for parents of young children — short scripts, everyday examples, and a one-routine worksheet. Start with one idea that fits your child and your family.

SMALL STEPS • NO PERFECT PARENTING REQUIRED

Talk it through with us — *free.*

Book a free 15-minute consultation with Navara Behavioral Group. Bring your questions; we'll help you choose a starting point.



Book free consult



NavaraBehavioralGroup.com



877-7NAVARA



SCAN TO BOOK

START WITH CONNECTION AND CLARITY

Make the next step *easier*.

01 Notice what is going well.

When your child does something you want to encourage, name it right away. Keep praise specific and genuine. Use words, a smile, or another response your child enjoys.

SAY IT LIKE THIS

"You put the blocks in the basket. Thank you for helping."

— **Try today:** Notice one small helpful action and describe it.

02 Give one clear direction.

Say what to do in a calm, short sentence. Choose one step your child can manage. Show or point if that helps, and check that your child understands.

SAY IT LIKE THIS

Instead of "Get ready!" try "Please put your shoes by the door."

— **Try today:** Turn one vague request into one clear, doable step.

FREE · NO OBLIGATION

Book your free 15-minute consultation



BUILD A LITTLE PREDICTABILITY

Keep it simple. *Keep it kind.*

03 Offer two real choices.

When either option is okay, offer two choices you can honor. Match them to your child's abilities. Keep safety decisions with the adult.

SAY IT LIKE THIS

"Would you like the blue shirt or the green shirt?"

04 Use a short, familiar routine.

Pick one part of the day and keep the order simple. Explain changes when your child is calm. A routine should fit your family, not become another pressure.

SAY IT LIKE THIS

For bedtime: brush teeth, choose a book, then bed.

05 Let your child lead for five minutes.

Choose a safe activity your child enjoys. Put distractions aside. Follow their lead and describe what they are doing, rather than turning play into a lesson.

SAY IT LIKE THIS

"You built a tall tower. Now you are adding another block."

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YOUR ONE-ROUTINE WORKSHEET

Choose one small *place to start.*

Print this page or write in a notebook. Pick a routine and one skill your child can practice with support. This is not a scorecard.

1 Our routine

Example: getting shoes on before leaving.

2 One small, realistic step

Example: put one shoe beside the door.

3 The words or cue I will use

Example: "Please put your shoe here," while pointing.

4 How I will notice the effort

Example: "You brought your shoe over. Thank you."

5 What I noticed / what I will adjust

Was the step clear and manageable? What help did my child need?

FREE • NO OBLIGATION

Not sure where to start? Book a free consult





SUPPORT FOR YOUR NEXT STEP

You don't have to figure it all out *alone*.

Navara Behavioral Group offers personalized behavior support and parent training. Bring the routine you chose and the questions that matter to your family.

FREE • 15 MINUTES • BY PHONE

Book your *free* consultation

A short introductory phone call. Pick a date and time that works for you on our booking page.

[Schedule your free consult →](#)



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VISIT OUR WEBSITE

NavaraBehavioralGroup.com

Programs, parent training, and how we work with families.

CALL US

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