Strategy 2: Pleasurable activity/exercise One of the best ways to improve mood is to do something

Strategy 4: Selfcriticism Discuss how some parents are highly self-critical and more self critical of themselves than they would be of other people.

different rules for themselves and others. Discuss what they think

ASSIGNMENT Practising Strategy	Ask the parent to implement the strategy you have discussed and to send back a completed sheet prior to the next session so you can evaluate its impact.
Send the materials for the next session	Tell the parent/s you will send a written summary and the materials for the next session. Remind them that they do not need to be completed for next session as you will go through them together in the session. Tell the parent/s you will also send the Weekly questionnaires, Monitoring sheet and Checklist of Strategies (if necessary) which need to be completed for the next session.
	Confirm date and time of the next call.
Summarising	Ask if they would like you to summarise the session, if they want to summarise or if you should do it together. When you are summarising from the module you are implementing (e.g., One-ontime) ensure you also add in the summary from this module.

Leave 'Em Laughing

End the session on a positive note.

## How's Your Style?

Did you praise often?

Did you review often, by asking questions?

Did you simplify the steps as needed?

Did your pace match that of the child or family?

Did you stay on track?