



Connection Plan ©

Do you live with a child who is 'attention seeking'? At Phoenix Support, we call that 'connection seeking'. And we have a plan! Positive reinforcement and rewards charts are SO last century! It's time to create a chart that will actually work.

Every time you connect with your child, you fill their Connection, Love, and Belonging Cup (see The Phoenix Cups © for more info). Mark your connections on this chart and challenge yourself to complete the whole chart in a day - then watch the 'attention seeking' behaviours disappear. You've got this!

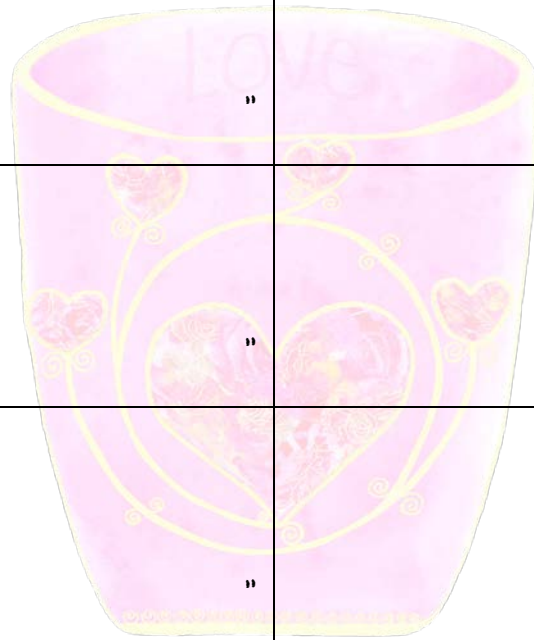
Laugh together	Play together	Read a story	Discuss a shared interest
High Five	Hug or touch	Secret Handshake	Sit together
Smile - and mean it	Thumbs up	Wave	Look delighted
Say what you see and ask a question	Acknowledge (e.g. effort or persistence)	Congratulate or say Thanks	Actively listen

Once you've completed the Connection Plan, you're ready to free-style it. This time use the chart on the next page and write your own cup filling plan OR use the chart to document actions AFTER you've done them. Write what you said, what you did, what you shared. What worked? What REALLY worked? What can you do the same or differently tomorrow? Rinse and repeat.



-----'s Cup Filling Plan

Connection Cup filling gestures	Connection Cup filling statements	Connection Cup filling interactions	Other Connection Cup filling decisions
	"	"	
	"	"	
	"	"	
	"	"	



Thoughts...
