

A Free Strategy to Help Improve Children's Behavior At Home During These Difficult Times

The current times have been so stressful for parents. Parents are trying to educate children at home while also juggling many additional stressors and responsibilities. At eCounseling Connection, we hope the free strategy shared in the links below can help **reduce parenting-related stress**, as well as, **help increase children's cooperation, positive interactions, and wellbeing** until we get to a new normal. This free strategy was designed by Cheryl McNeil, Ph.D., a highly respected child psychologist. **Dr. McNeil is asking professionals and individuals to share this tool for free as quickly and widely as possible to help families during these tough times.** The Cooperation Chart is designed to be used for a limited period of time (for example, during a pandemic) to **reduce difficult behaviors and increase positive behaviors for children ages 4 through 10 years**. Once parents are familiar with this strategy, it can be a helpful one to pull out years after the pandemic is over for long car rides, in waiting rooms, and during other challenging parenting times. If you need a new tool in your parenting toolbox, we invite you to explore the links below.

Learn the Cooperation Chart strategy by watching this video for free:

https://youtu.be/cbap0z_KqP0

Download the Cooperation Chart for free:

<https://www.thecooperationchart.com/>

eCounselingConnection.com

Increasing Access to Specialized Early Childhood Behavioral & Emotional Healthcare
Across Tennessee, Nevada, and Alaska