

# Frustration outreach and support

Child's name: \_\_\_\_\_ Month/year: \_\_\_\_\_

Ask teachers, doctors, coaches, and other caring adults to help you find ways to ease your child's frustration. Write down questions you ask and answers you get. It can take time to see behavior changes. Brainstorming with others can help.

<p><b>Date I thought of this question:</b> _____</p> <p><b>Question:</b> _____</p> <p>_____</p> <p>_____</p> <p><b>Person I plan to ask:</b> _____</p> <p><b>Date submitted:</b> _____</p> <p><b>Via:</b> <input type="checkbox"/> Phone <input type="checkbox"/> Text <input type="checkbox"/> Email <input type="checkbox"/> Meeting</p>	<p><b>Date I got a response:</b> _____</p> <p><b>Response:</b> _____</p> <p>_____</p> <p>_____</p> <p><b>Recommended strategy:</b> _____</p> <p>_____</p>
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# Frustration outreach and support

Child's name: Charlie

Month/year: 10/2019

Ask teachers, doctors, coaches, and other caring adults to help you find ways to ease your child's frustration. Write down questions you ask and answers you get. It can take time to see behavior changes. Brainstorming with others can help.

**Date I thought of this question:** 10/3/2019

**Question:** Should I be worried that Charlie is frustrated so often? How much anger/frustration is normal for 10-year-olds? Could blowups be a sign of something else?

**Person I plan to ask:** Charlie's pediatrician

**Date submitted:** 10/9/2019

**Via:**  **Phone**  **Text**  **Email**  **Meeting**

**Date I got a response:** 10/10/2019

**Response:** Dr. Suarez wants me to bring in Charlie, plus the frustration tracker. She wants to talk about how he's doing in school, if he's having trouble sleeping, etc.

**Recommended strategy:** Make appointment. Try checklists and other organizational strategies.

**Date I thought of this question:** 10/7/2019

**Question:** Are other kids having as much trouble getting through math homework? Has Charlie's behavior changed over the last few weeks? Any strategies we should try at home?

**Person I plan to ask:** Charlie's math teacher

**Date submitted:** 10/7/2019

**Via:**  **Phone**  **Text**  **Email**  **Meeting**

**Date I got a response:** 10/8/2019

**Response:** He noticed Charlie has been more frustrated recently in class. Asked how long Charlie spends on homework on a typical night.

**Recommended strategy:** Do math problems in batches and take 5-minute "brain breaks" in between.

**Date I thought of this question:** 10/11/2019

**Question:** Charlie loves soccer but gets frustrated a lot. How can we help him keep his cool? When he does something positive, how can we reinforce that he's a valued member of the team?

**Person I plan to ask:** Coach Anthony

**Date submitted:** \_\_\_\_\_

**Via:**  **Phone**  **Text**  **Email**  **Meeting**

**Date I got a response:** \_\_\_\_\_

**Response:** \_\_\_\_\_

**Recommended strategy:** \_\_\_\_\_