



Online Positive Parenting Training for Parents of Toddlers to Teens

ON-THE-JOB TRAINING PLANNER

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ON-THE-JOB TRAINING PLANNER

Child's Name: _____

1. List the tasks your child **COULD DO** if properly trained. (Be sure to look at tasks in the younger ages that your child is not yet competent in doing independently.)

1	_____
2	_____
3	_____
4	_____
5	_____

2. List any tasks **NOT** on the Jobs for Kids by Age list that **YOU** are doing for the child that he/she should be doing independently. (Example: tying shoes, getting dressed, combing hair, unpacking lunchboxes, emptying school folders, etc.)

1	_____
2	_____
3	_____

3. From the tasks listed in #1 and #2 above, select the **TOP 3** tasks you plan to focus on with your child.

Top 3 Training Opportunities

1	_____
2	_____
3	_____



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Amy's Tips

- When starting this process, pick tasks your child will find at least a little bit fun or interesting.
- In the beginning, stay away from emotionally charged areas (like potty training) or those tasks which may invite power struggles. Your goal is to have early wins so you can build on that success!

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4. For your TOP 3 training opportunities, break each task into smaller steps that will be easier for your child to master.

Ex. Laundry	Training Task #1	Training Task #2	Training Task #3
Step 1 Separate the laundry (darks from lights, delicates from regular clothes)			
Step 2 Temperature and time settings (make a simple chart)			
Step 3 Measure and add detergent; washer and dryer settings			
Step 4 How to start washer & dryer			
Step 5 How to fold clothes and put away			

5. List any possible pushback or problems you anticipate when implementing this plan and your proactive responses.

Potential Pushback	Proactive Response

Need tools to handle pushback from kids who refuse to help out?



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Amy's Tips

- Kitchen tasks (food prep or helping you cook) for toddlers to teens are always an early win!
- Do the training 1-on-1 with your child. No need to add pressure with siblings looking on!
- Encourage every bit of PROGRESS along the way. The goal is progress not perfection!