



New Beginnings: A Practical Guide to Welcoming a Child Into Your Home

1 Identify the Good

- Praise and reward behavior you want to see more of.
- Recognize even the small things.
- Use attention and rewards your child finds meaningful.



2 Redirect the Difficult

- Offer controlled choices (2-3 max).
- Use “first - then” statements.
- Respond consistently every time.

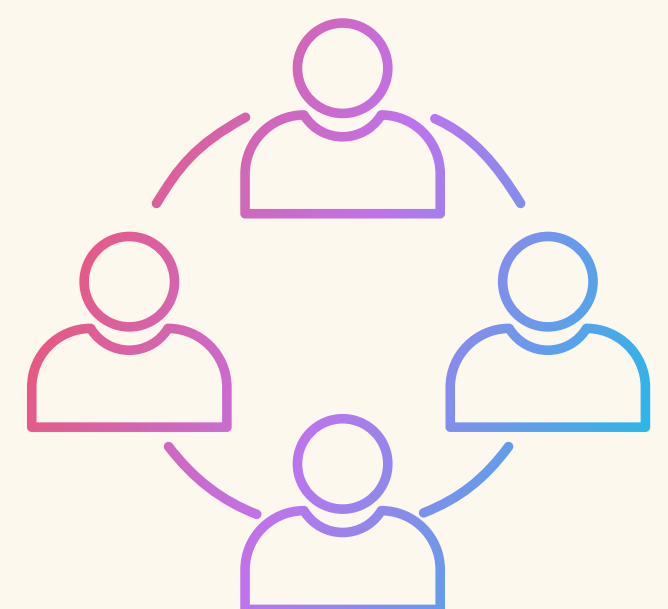


4 Give Time

- This is a BIG adjustment for your child - give them time and space to adjust!
- Allow ample time to process and respond to what you're telling them.

3 Create Structure

- Use calendars and visual schedules to outline family plans.
- Have a consistent bedtime and bedtime routine.
- Use age-appropriate charts and rules to establish expectations.



5 Keep Yourself Calm

- Model a calm response for your child.
- Keep a calm voice and body language.
- Use your own coping strategies.
- Step away if needed.

6 Stay Connected

- Maintain meaningful resources for you and your child.
- Contact DHR or other service-providers as needed.

