

Keep, change or stop

Appendix A: four weeks of deliberate practice

The four-week sequence is an organizing suggestion, not a deadline for change. Use a different pace when needed. Keep ordinary warmth and family life larger than the exercise.

1. Understand: one pattern and the child's account

2. Prepare: the skill, materials or adult action to change

3. Try: the arrangement and how help is requested

4. Observe: what helped and what it cost each person

5. The child's feedback; an exception we should notice

6. Review: what to keep, change or stop

7. Further support needed; our next realistic step
