



Collaborative Exploration

Questions that help us explore with the *caregiver(s)*:

Caregiver's Theory of the Problem:

- What do you think might be causing your child's _____ (*name concern*) ?

Strategies Tried:

- Can you share with me what you have already tried?
- What has worked? Not worked?

Caregiver's Goals:

- What would you like to see change for _____ (*child's name*) ?

Child's Behavior:

- Let's think about this together. What have you noticed about _____ ?
 - Can you tell me more about what's happening when your child starts to _____ ? (*name concern*)
 - When is this a bit easier for your child? When is it hardest? What signs do you see?
- Does your child show any "warning signs" before the _____ happens?
- What are the most challenging times of the day? Easiest?

Readiness for Change:

- If one thing could change as a result of our visits together, what might that be?
- How ready do you feel to start?
- What would it feel like to try something different?

Other Caregivers' Views:

- How is your partner (other important person) feeling about _____ (*list concern*)? What might their ideas be?

