



BeeHavior Solutions

Dr. Gina Midyett- Ph.D. LMHC

Andrew Pisko- MA, ITDS, DIR Floortime Certified, RMHI

Let's Chat! Manual

for Parents or Clinicians

Let's Chat! was developed under the theory that when a strong communication bond exists between caregiver and child, the ability of the child to convey a full array of emotions drastically is increased. While most interventions focus on tangible rewards and punishment, which can also be highly effective, **Let's Chat**, involves the caregiver and child in daily regular "talk times" where there is no judgement, no demands and the sole purpose is to initiate effective and productive lines of communication between caregiver and child. The focus of Let's Chat is not intended to change a child's cognitive process, although it is definitely a by-product of the **Let's Chat!** program. Some benefits of effective communication include:

- Reduction in defiant behavior,
- Willingness to participate in family activities,
- Adherence to responsibilities and better understanding of relationships including peer.
- Learn Coping strategies
- Increased focus and attention span

By allocating 10-20 minutes per day, the caregiver and child(ren) develop a strong bond and rapport so that the child feels comfortable with expressing their emotions to their caregivers.

What are the steps of **Let's Chat!**

Let's Chat! is does not require a prescribed set of rules or protocol, However, we recommend the following set of basic instructions to help get you started. NO prior therapy experience is necessary as you are the best communicator for your child and the first line of resources for your child as the parent or caregiver.

Components of Let's Chat!

- Child workbook
- Magic Spell Cards and Wand
- Let's Chat Card Game

Created in collaboration by:

Dr. Gina Midyett- Ph.D. LMHC

Dr. Midyett is a Licensed Mental Health Counselor and Psychotherapist. She holds a Master's Degree in Marriage and Family Therapy from Pepperdine University. Dr. Midyett is one of the founders of Life Focus Group in Tampa, Florida where she specializes in children and families through strong relationship development building. Midyett provides a safe, nonjudgmental and down to earth environment for my clients to express themselves. Dr. Midyett offer individual, couple and family therapy and assists her clients in developing new coping skills to deal with their presenting issues. Dr. Midyett believes that developing new, healthy ways of thinking and living can lead to a healthy mind and body. Dr. Midyett is a well known therapist in the Tampa Bay area appearing as a consultant on television and host of her own talk show on local radio. (Mindset Matters.) Dr. Midyett is a published author with her recent book publishing about marriage and relationships.

Andrew Pisko- MA, ITDS, DIR Floortime Certified, RMHI

Working under the guidance of Dr. Midyett, Andrew has over 14 years experience in working with children and families. From 2003-2017, Andrew was CEO of Educare Preschools where he worked with Developmentally Delayed and Behaviorally challenged children. Andrew also is a consultant for Early Steps- a division of John's Hopkins Hospital where he works with Developmentally Delayed and Autistic children. Andrew combines Play Therapy along with Behavioral Theory in his work with children. Andrew has attended numerous seminars and workshops on Child Development and is university trained in Applied Behavior Analysis and holds a Master's Degree in Counseling.

Let's Chat

Suggested Program Format

Step 1

Caregiver and child agree to set time daily (or as often as possible) to arrange for "fun non-argumentative chat"

Step 2

Child completes All About Me in workbook. Parent then reviews the workbook with child and starting with a topic that child chooses, starts a conversation. Continue with dialogue for 10+minutes focusing on listening to child and offering positive feedback

Step 3

Identify any fears of or negative emotions the child may have as indicated on worksheet. Offer MAGIC SPELL cards to help conquer these fears or emotions. Many children like to place the cards under a pillow or above a door in their room. Practice with child and have them memorize the spell.

Step 4

Continue with workbook allowing child to express their emotions through coloring, writing and being Lets Chat! Game cards

Step 5

Engage in Lets's Chat card game at least 2x a week, whole family can enjoy. Allow for communication to flow freely and never force a child to talk if you hit a tough spot or emotion. Through role play and continued exposure to emotion, child will begin to open up and speak more freely.

Monitor your child's progress through increase in free flowing communication between caregiver and child.

BeeHavior Solutions

As an Early Intervention and Behavior Analyst and Preschool owner for over 14 years, not a day goes by without a parent asking me", Andy my kid is out of control what do I do!" From nonstop fighting to pulling hair to just saying no, children will always find a way to misbehave. That is when Andy met Dr. Midyet who was working with children at her Tampa private practice. With their combined expertise they developed Let's Chat!, a program that enhances communication, reduces tension and conflict at home and at school while having so much fun as a family. BeeHavior Solutions was created with the understanding that not every parent can afford or need expensive therapy. Many behaviors we think are pervasive and habitual, are just stages that children must pass through successfully to move on to the next stage of development. So how do we know what is normal or not? The answer is not so simple. After ruling out any medical conditions of course, we must look for a benchmark for behavior that is acceptable for a specific age group. I have included in this kit, a chart that shows appropriate behavior for ages 2 up through 12 years of age. These are just benchmarks that are used to show an example and are not in any way clinical definition of ANY behavioral or mental disorder and should be used for reference only. BeeHavior Solutions is based upon facets of Developmental and Behavioral Theory and is designed for quick interventions that can be used for typical behavior issues. While no intervention will work every time, this manual provides options for various unwanted behaviors. They are quick and practical and require no paperwork, no long charts or big words. Every BeeHavior kit comes standard with: Spell Cards, Magic Wand, Safe Slime with Aroma for calming, a booklet of behavior scenarios for you and your child along with the Let's Chat card game and coloring sections.



Let's chat!

10 minutes a day can lead to a better relationship with your child. Late nights at work, busy schedules, laundry, dinner. Where does time with my child fit in? Looking at past and current events there is a common denominator in that children who have less or no communication with a parent or care giver are at a higher risk for mental illness, social, self-esteem and personality disorders. Many types of therapy are long in duration and can be difficult to master. Our methodology is simple in that you can start today the effective and powerful tool of communication with your child. Let us help you find what to say to your child in just ten minutes or so daily in a fun open forum and nonjudgmental conversation. Research studies have demonstrated the benefits of daily communication with your child including a reduction in mental health disorders and a stronger rapport. Many parents often ask us; How often should I talk to my child? What do I say? My child does not want to talk to me. What do I do? The key is to set aside just a few minutes per night to spend with your loved one. We will introduce you to several "conversation starters" and approaches for all children including children reluctant to talk or with ODD or behavioral disorders.



Parent and Child Agreement

As a parent or guardian, I agree to Spend time with my child and discuss their day. I understand that communication is key to any relationship and by listening to what they have to say, I can better get to know my child and how they feel about many issues associated with growing up. The more my child and I know about another, the better and stronger our relationship will grow.

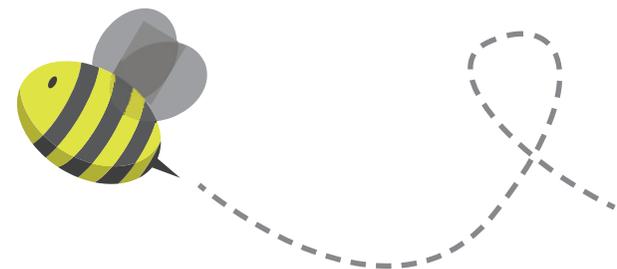
Parent Signature _____

My Workbook

My Promise

My Name _____

- 1.** I promise to answer the questions with one of my parents or family members and be honest with my answers.
- 2.** I will learn about my emotions and feel better when I finish this book.
- 3.** I will practice my new skills and learn how to be happy and calm.



Magic Spell Cards

Children about ages 4-12 have a wonderfully created imagination. With the emergence and popularity of the supernatural as evidenced by the success of Harry Potter and many other shows featuring Magic and Wizardry. Children often imitate what they see in real life or on Television or Social Media. Eager to emulate these characters and scenes from shows, they add their unique imagination in role play scenarios, all part of a healthy developing child.

Having 14 years of testing various types of therapy and treatments for children with difficult behavior or having a hard time with understanding these newly found emotions, I have found that the use of fantasy role plays, and imagination works best for developing a sense of control and understanding of boundaries and rules in their environment. I created the Magic Spell Cards as a tool for young children to utilize when feeling an array of emotions. When a child feels scared of the dark, they use a spell to cast away their fears. After all, aren't the fears all imaginative in their minds? Why not counter the fears and negative emotions with positive spells?

Each spell has been written to counter specific emotions or fears and spells can be customized for each child. I find many children like the spells kept posted on the door or in their room to protect them from "evil" in the night. Children use their strong sense of fantasy and imagination to counter their fears and emotions until the spell cards are no longer needed.

Magic Spell Agreement

How well do we know each other?

By the powers of the grand wizards and all that is good, he who holds this scroll will have the ability to use the magic spells in this kit. Use them well and make all your fears and anger disappear. Do not lose this scroll as it holds power of good magic to those who keep it.

Congratulations on taking your first step to wizardry.

How well do you know me?

Here is a little game to play with the whole family. Each person takes a turn asking a question from this list. Take a point for answering the question correctly about the other person. OR just use this to start conversations and learn more about your loved ones.

HAVE FUN!

1. What is my favorite color?
2. What is my favorite sport?
3. What do I like to do on the weekend?
4. What is my favorite season?
5. If I can have one wish, what do you think it would be?
6. Do I like Chocolate?
7. What am I allergic to?
8. What's my favorite food?
9. What animal do I like the best?
10. What color is my favorite?
11. Do I like scary or funny movies the best?
12. When I am angry, do I like to sleep?
13. Do I like math?
14. Who is my best friend?
15. What is my favorite kind of Pizza?
16. Who is my favorite singer?
17. Do I like country music?
18. I like big or small dogs?
19. I rather be in cold or hot weather?
20. If I can have any job, what would I do?
21. What is the most important thing in my life?
22. What is my favorite type of drink?
23. Am I scared of anything? What is it?
24. If I was being picked on, who would I tell?
25. I would rather stay home with family or go to a party?
26. I love roller coasters?
27. Do I like shopping or a movie better?
28. I like to have many friends or just one or a few?
29. Sweet or Salty?
30. Sponge Bob or Tom and Jerry?
31. Star Wars or Star Trek?
32. Shorts or jeans?
33. Sneakers or shoes?
34. If I don't get my way, do I get angry?
35. Where is my favorite vacation place?
36. What's my dream car or truck?
37. I like video games or books more?
38. I listen to others and want to help people when they are need.
39. Do I like a sports car or a Truck?
40. If I feel sad, who do I talk to?
41. When I am in school or was in school, I loved _____ subject.
42. If I had one wish it would be _____.
43. I love to get dressed up, or stay in Pajamas in the weekend.
44. If we go to the beach, who would I ask to come?
45. If I don't finish something, do I finish it another time or do I forget about it?
46. I love to tell jokes?
47. Popcorn or Pretzels?
48. I want to be rich or just happy being comfortable?
49. I think we talk enough to each other about lots of topics.
50. I wish we can spend more time together as a family.

Ice Breakers

Much like a first date, talking to your child can be a daunting and frightening task. While many of us think we know our children, often they have so much to tell us but with pressures of daily life sometimes, neither the adult or child ever really get to say what is on their mind. Here are some tips for starting a conversation with your child....

1. Do not assume they had a good day even if they say they did
2. Do not be confrontational or angry when talking to them during this time
3. Listen with an open mind.
4. Use POSITIVE RESPONSES OVER NEGATIVE
5. Encourage and stress the importance of open and honest communication
6. Let your child steer the conversation even if you start with a specific topic of your choice. This will build trust and rapport and they will be more likely to open up to you.
7. Try to be consistent as kids crave routine- set side the same time for these conversations as often as possible

Let's talk about.....

Now let's get to the meat and bones. What can you talk about? Here are some conversation starters.

1. I had a great day today, guess what happened? Did anything exciting happen to you? 2. So, did anything funny happen today?
3. How did you like dinner? Do you want to help me tomorrow make dinner?
4. Did you see your friends today? What was your best friend's name again?
5. Was there anything hard today at school?
6. I'm so tired, How do you feel? Should we go to bed early tonight?
7. We should watch a good movie soon? What movie do you like the best?
8. I remember how much homework I used to get when I was in school, Do you have a lot of homework today?

BULLYING

9. When I was in school, sometimes people picked on me for having _____. Does anyone ever pick on you?
10. We have a lady at work who tells everyone what to do and if we don't listen she scares us. Do you know anyone like that?
11. I saw a child picking on another child today when I went by the school. That's called bullying, right? Have you ever seen that happen?

Oppositional Defiance

12. Today was such a busy day at work, do you want to hear what I did today?
13. I am thinking about doing something fun this weekend with you. Any suggestions?
14. I know you love video games. How about I play with you for a few minutes and you can tell me all about your day.
15. Can you help me decide what we should make for dinner?
16. How about I give you a few minutes to pick out a book for us to read together.

My Personal Plan to react to my Emotions

When I am angry I will _____ to calm down

When I feel sad I can _____.

Who can I talk to when I need to talk to someone? _____

When I feel lonely I can _____

When I need help with my homework I will ask _____

When I get frustrated I can _____

When I get scared I can _____

If I get nervous I can _____

If I don't get my way I will _____

LARRY Refuses to Sleep

STARRING LARRY, THE LOBSTER

Larry had a great day at school. He came home and did all his homework. Larry's mommy made him macaroni and cheese for dinner and then they watched a show on television together. Larry's Mother asked him nicely to brush his teeth and get ready for bed, but Larry said no. Larry's mommy got angry and Larry and mommy were yelling at each other.

Can you tell me what Larry is doing wrong? _____

What would you have done if you were Larry? _____

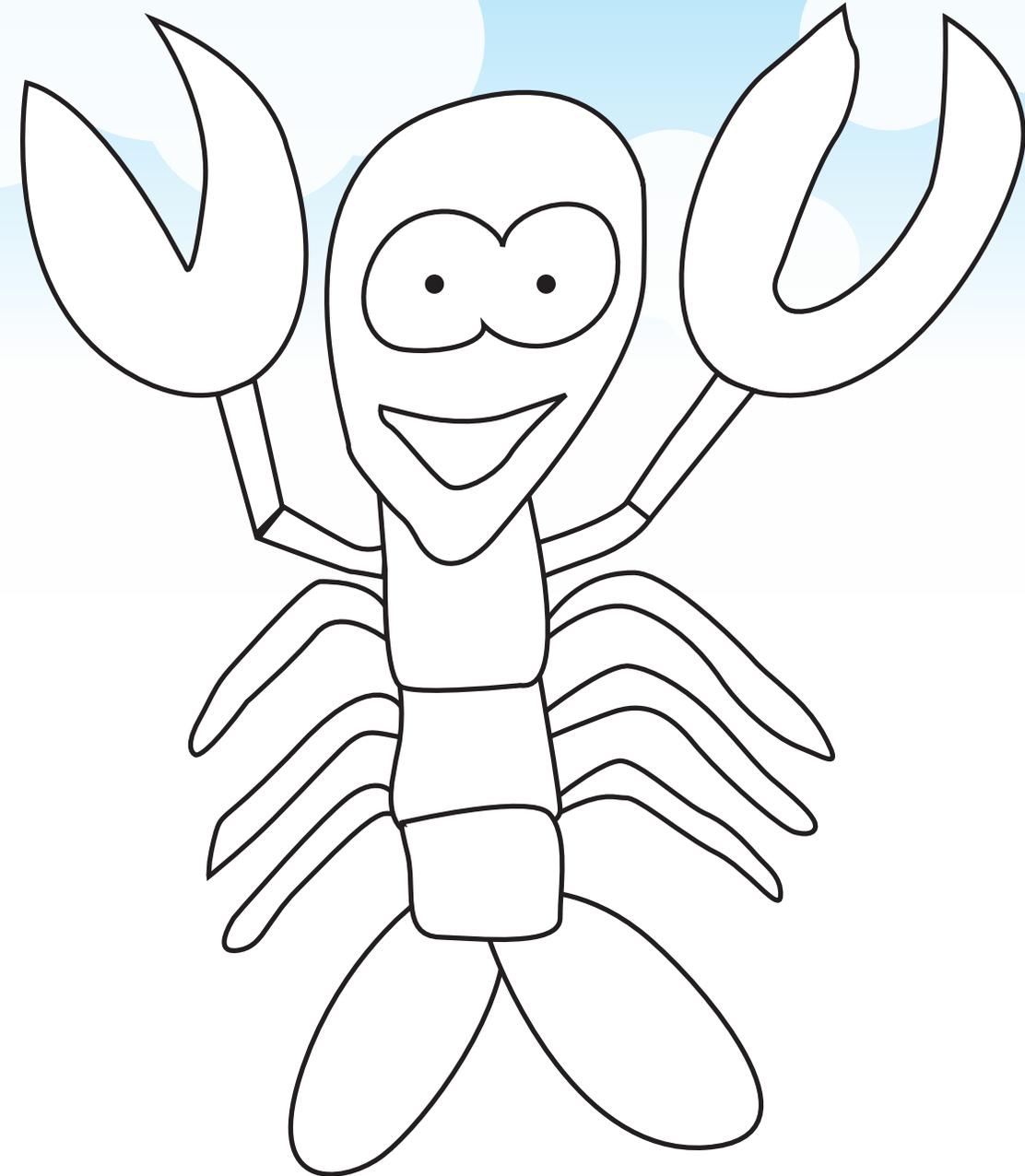
Could Larry have made a better choice? _____



It's important to follow your parent's rules

Larry the Lobster

Color Me!



Drawing by: Victoria Midyett

Kitty Cheats

Kitty likes school and is in 6th grade. She has lots of friends and loves to play after school with her video games. Kitty has a math test tomorrow but rather play video games. When he-r mother asks if she studied for the test and Kitty said yes. On the day of the test, Kitty looks at her friend's paper and copies the answers. She gets a 100% on the exam

Is it ok to cheat since Kitty got a good grade? _____

Did Kitty lie to anyone? _____

What is wrong with cheating? _____

What should Kitty have done? _____



It is better to get a bad grade on a test by not cheating than to get a good grade and cheat. You will never feel good inside when you cheat. Study hard and ask for help if you need it.

Kitty

Color Me!



Sad Sally

SALLY the seahorse is sad. While swimming in the Ocean, a fisherman accidentally caught her best friend and now she misses her. Sally cries and does not want to go outside. She does not talk to her mommy or friends about how she feels

What can Sally do to cheer up? _____

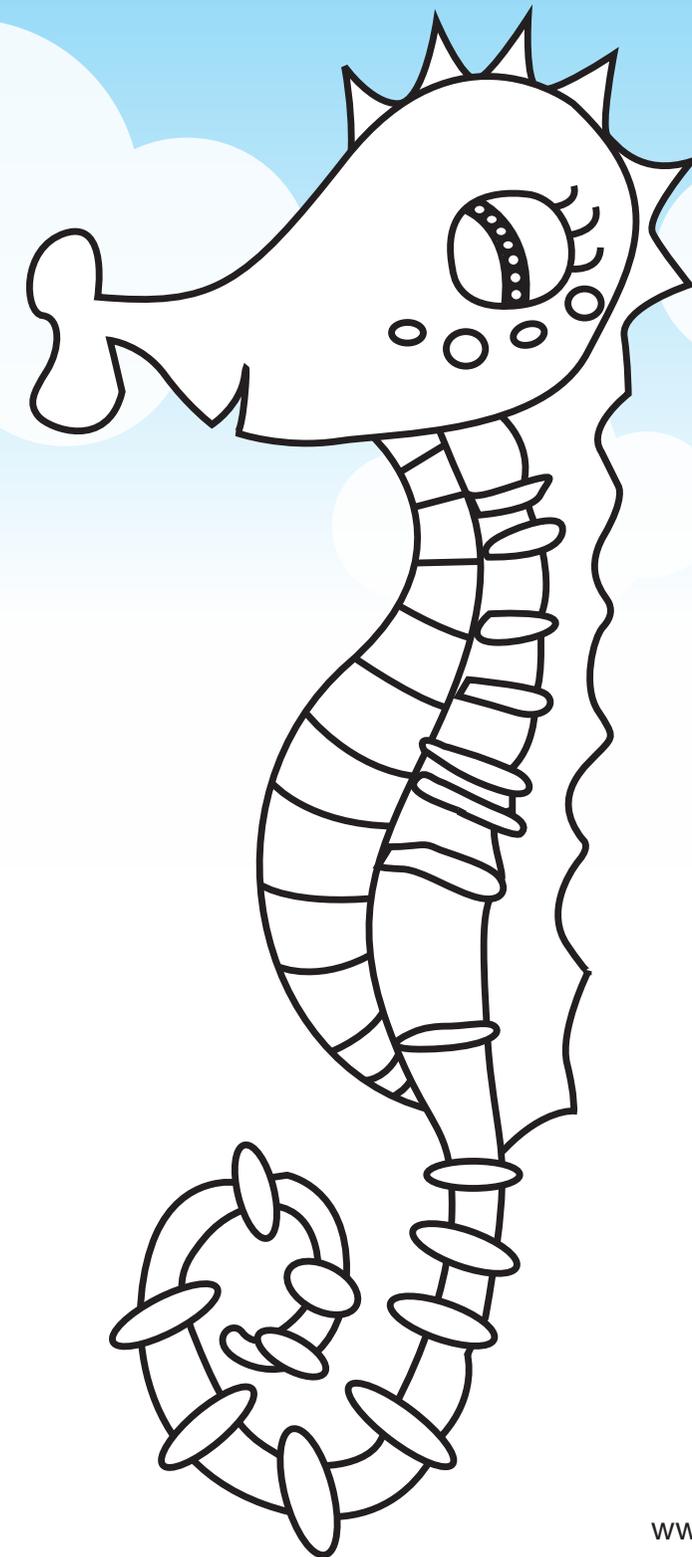
Do you think Sally should tell her friend or family about her feeling sad? _____

Can you think of a time when you were sad? What made you feel better? _____

What can Sally do to feel better? _____

Sally

Color Me!



Drawing by: Victoria Midyett

Gossiping Gerry

Gerry is in fourth grade and has lots of friends. He is very popular. Gerry likes to be the center of attention and sometimes if he hears something about somebody, he likes to be the first one to tell everyone. One day, someone told Gerry that a new child in the school was a foster child. It was supposed to be kept private Gerry told everyone. Some people started picking on the new child. Gerry felt badly about what he did.

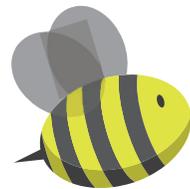
Why did Gerry tell everyone? _____

Why is it bad to gossip about others? _____

How can Gerry fix the situation? _____

Have you ever gossiped about someone? _____

Talking about others can really hurt someone. Always respect others privacy and keep secrets a secret



Anton the Angry Ant

Anton is always angry. He argues about nearly everything. His temper has gotten so bad, that his friends are afraid to talk to him. Anton get angry when he does not get what he wants or if he is told what to do. Yesterday, he was playing a game and was losing so he threw the game across the room. Anton needs your help

What can you tell Anton about being angry all the time? _____

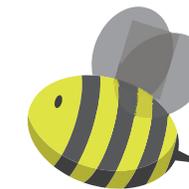
What are some things Anton can do instead of yelling and screaming?

What are some things that make you angry? _____

What do you do when you are angry? _____

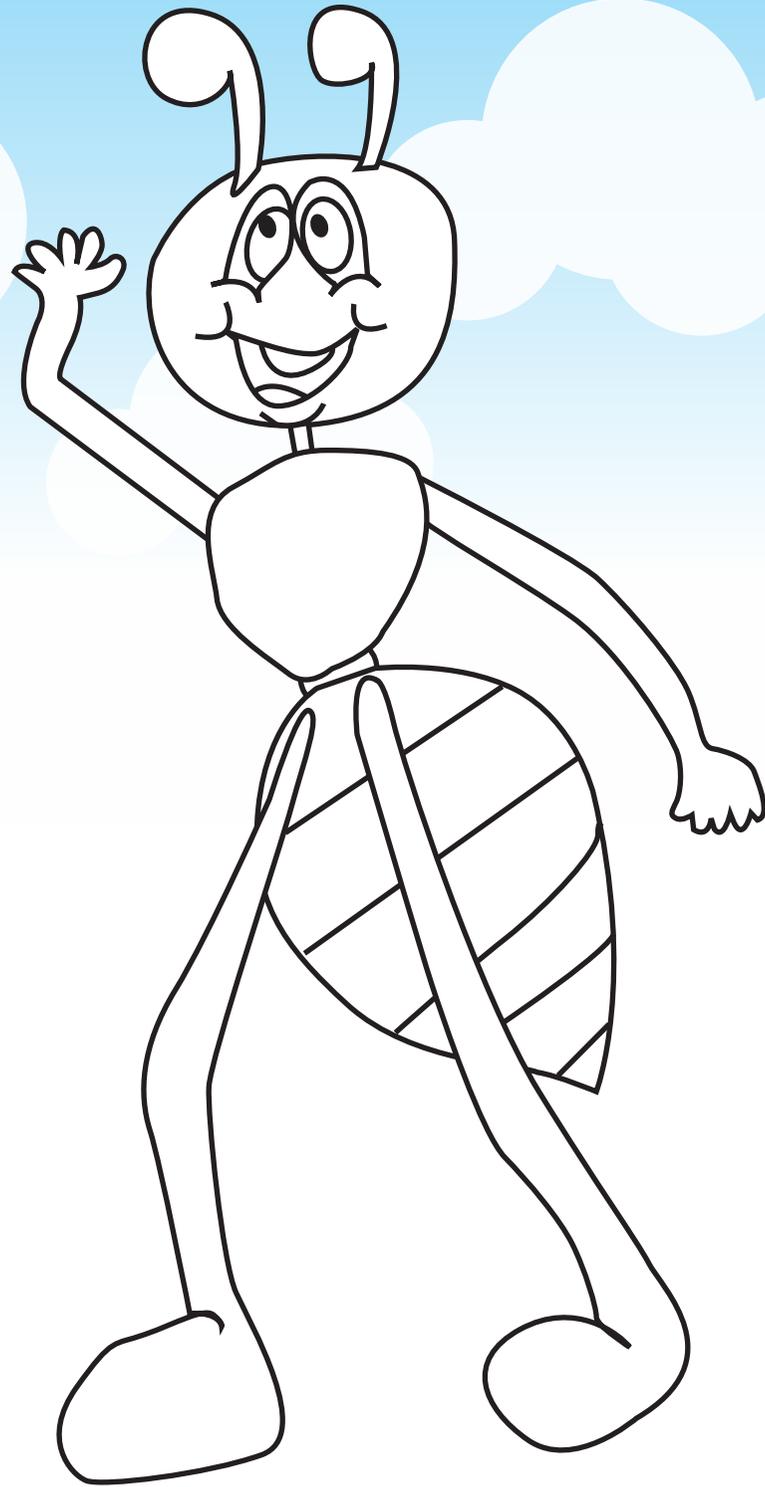
What would you say to Anton if you were is parent? _____

When you feel angry, stop, think and take a deep breath. You will feel much better



Anton

Color Me!



Drawing by: Victoria Midyett

Denny Tells a Lie

Denny the dinosaur is playing with his brother in the house when he finds a crisp new dollar. Denny hides the dollar from his brother. Denny takes the dollar and buys an ice cream for himself and not for his brother. When his brother asked him how he got the money, he said mommy gave it to me. His brother is sad.

Did Denny tell a lie? _____

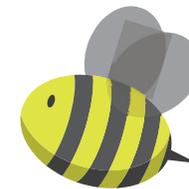
Did Denny make his brother sad? _____

Have you ever told a lie? _____

Can you tell us about it? _____

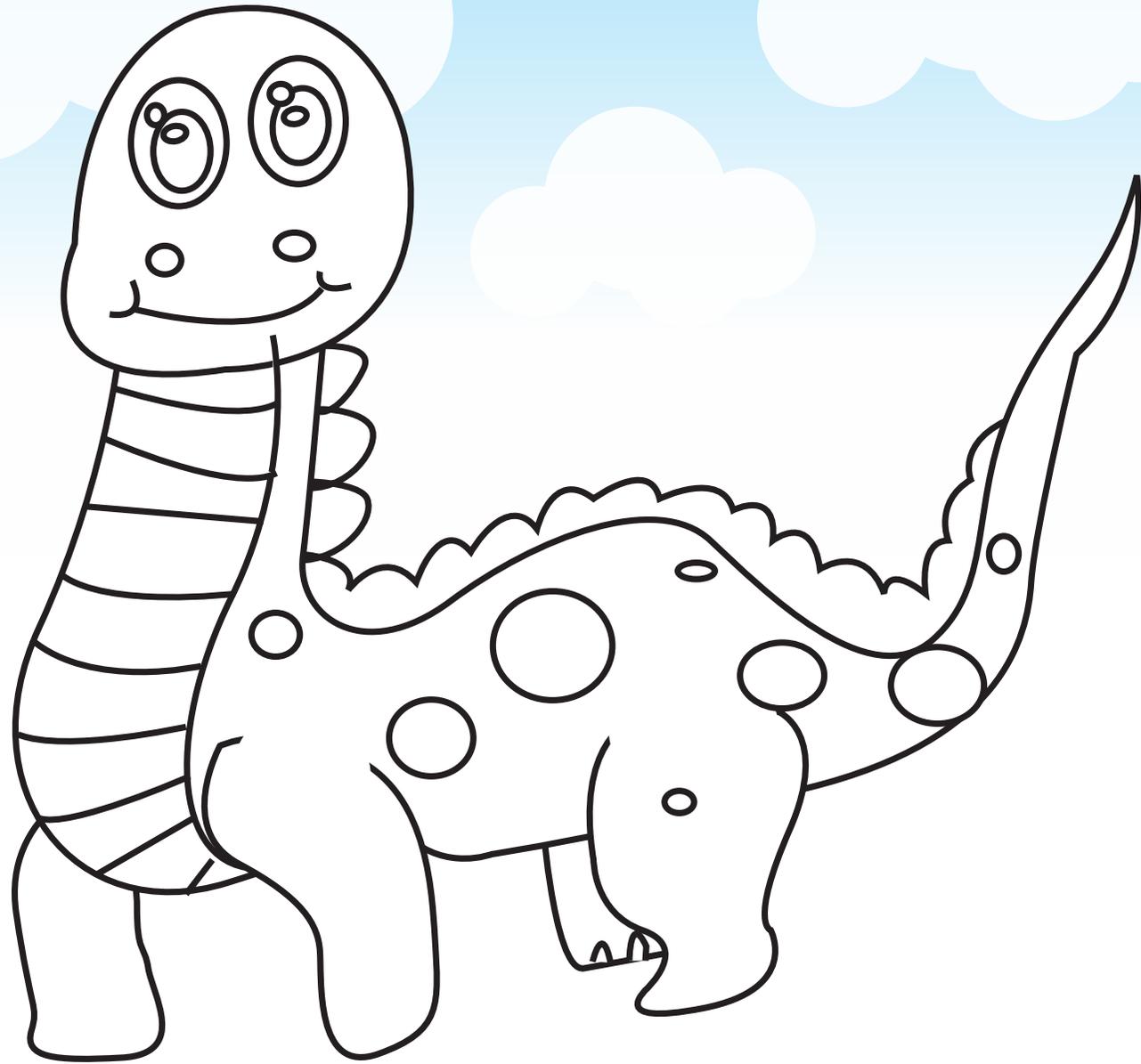
Why is it wrong to tell a lie? _____

It feels so good to tell
the truth!



Denny

Color Me!



Drawing by: Victoria Midyett

BOB the BULLY

Bob is 10 years old. He is always picking on the little kids at school. Bob has been your friend for many years. You like him but your scared to tell him he is mean sometimes to other kids

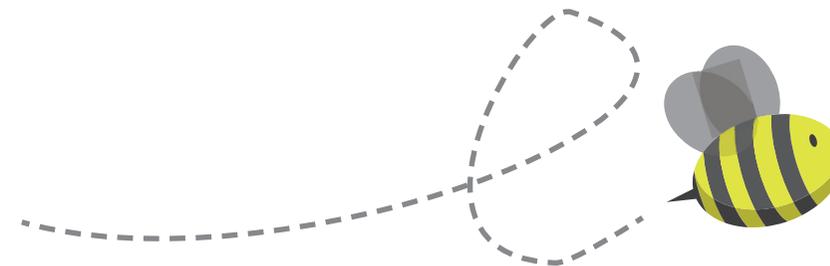
One day, you see Bob hit a little kid and you are scared, you run away and don't tell anyone.

What could you have done differently? _____

Can you tell me what makes a bully a bully? _____

What would you do if someone was bullying you or your friend? _____

Why is it wrong to pick on other people? _____



Nobody Likes a Bully. It is not nice to pick on other people because you would not like them to do it to you

My Mommy Yelled at Me- I think She Hates Me
With Tommy Turtle

Tommy Turtle is 9 years old. Tommy was playing in the back of his house with his friend Buzz the Bee. Tommy's mom said it was time to come in and eat dinner. Tommy said, "no mommy" I want to play. Tommy's mother was angry and went to get him to go inside. Tommy started yelling "I don't want to go" Mommy then told Tommy to go in the quiet corner until he is calm. Tommy told Buzz Bee that his mommy hates him because he is a bad boy. Tommy is sad now and feels his mommy does not love him.

Do you think Tommy's mommy hates him or is she just angry because he did not listen?

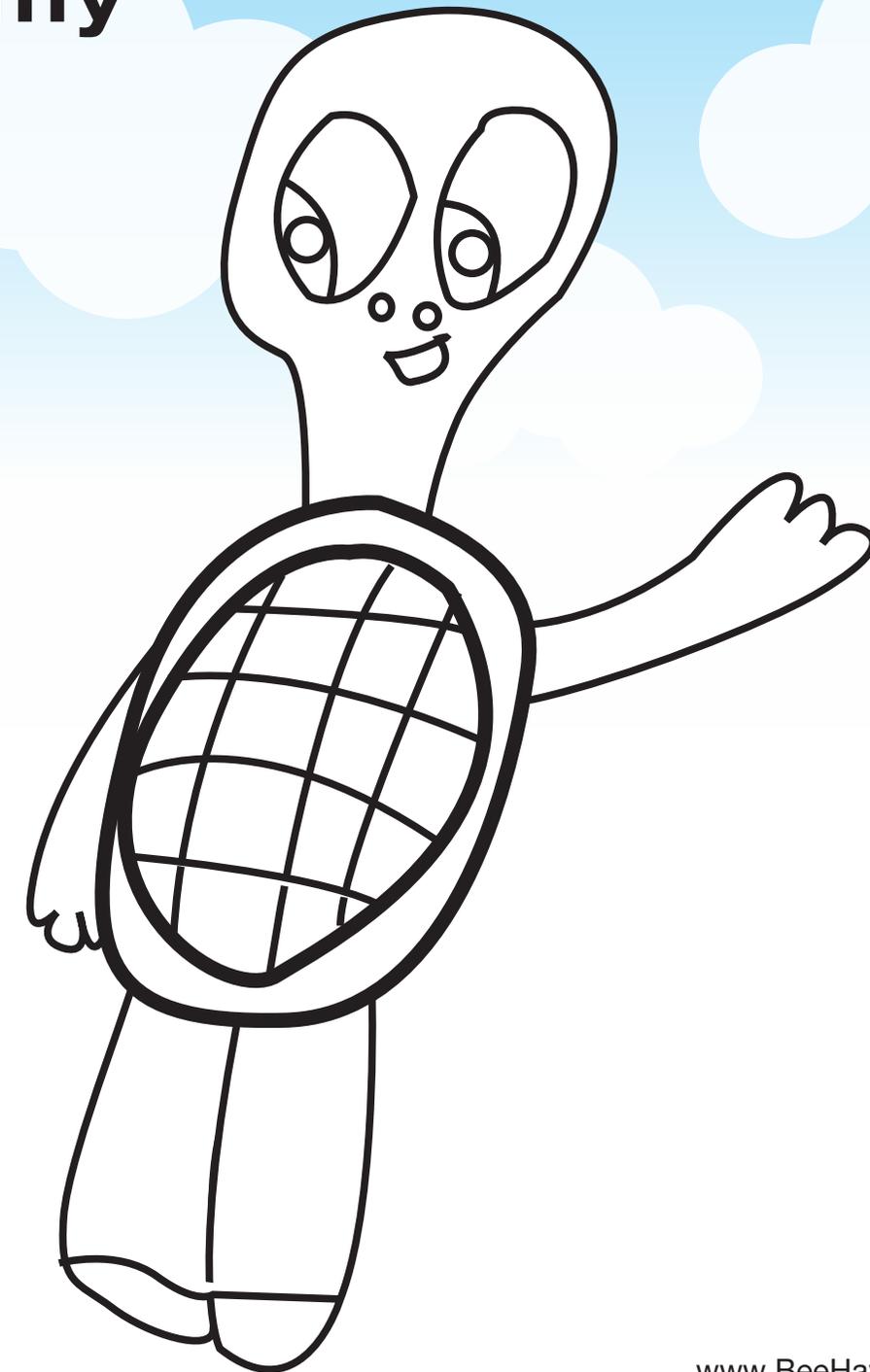
When you do not listen to your mommy or daddy, do they get angry?

Do you think they still love you when they are angry?



Sometimes we do things to make our loved ones angry, just like Tommy did. Our parents might get mad at us, but they ALWAYS love you no matter what we

Tommy
Color Me!



Drawing by: Victoria Midyett

Emotions

Y E H X J L Q P J L D Y E M S
 V P X R L G W Q N E N X M C P
 T E P C W B T N T B F T A Y T
 Y E M A I D G A Z C N R L W C
 Z D J X H T R Z C Q E L A R C
 D X X I N T E S D D I G N F H
 K S A D S I L D M S D Q X S H
 F V H U S Y R G N A E Z I P W
 R D R B U T K B T Q R Z O D O
 F F L L R S J M Q H I U U Z S
 M H W O R R I E D O T B S J X
 B Z T Q K I N D W K J N B X W
 O W D M Z A Q E F H Y D H V L
 M V R W U P P P H C G P T K J
 J J J N C V Z T L B A U Z Q Y

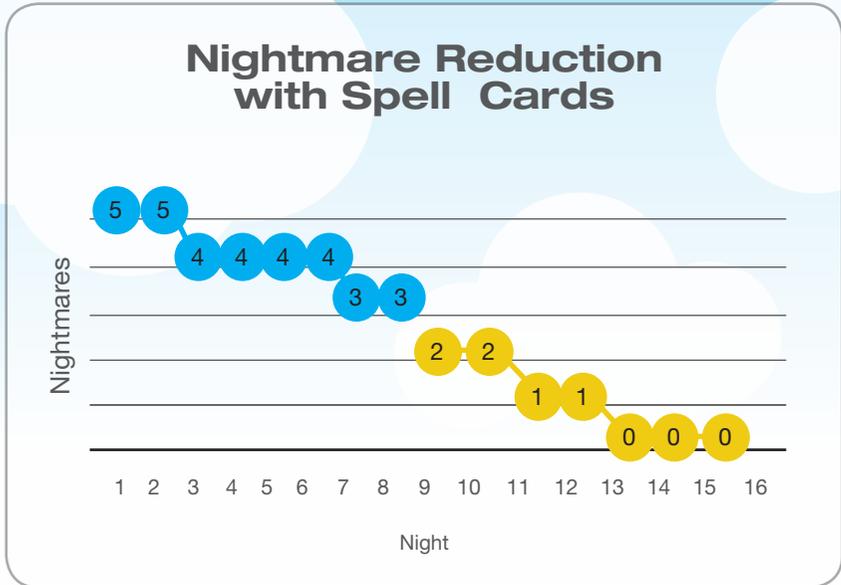
ANGRY
ANXIOUS
EXCITED

FRUSTRATED
HAPPY
SAD

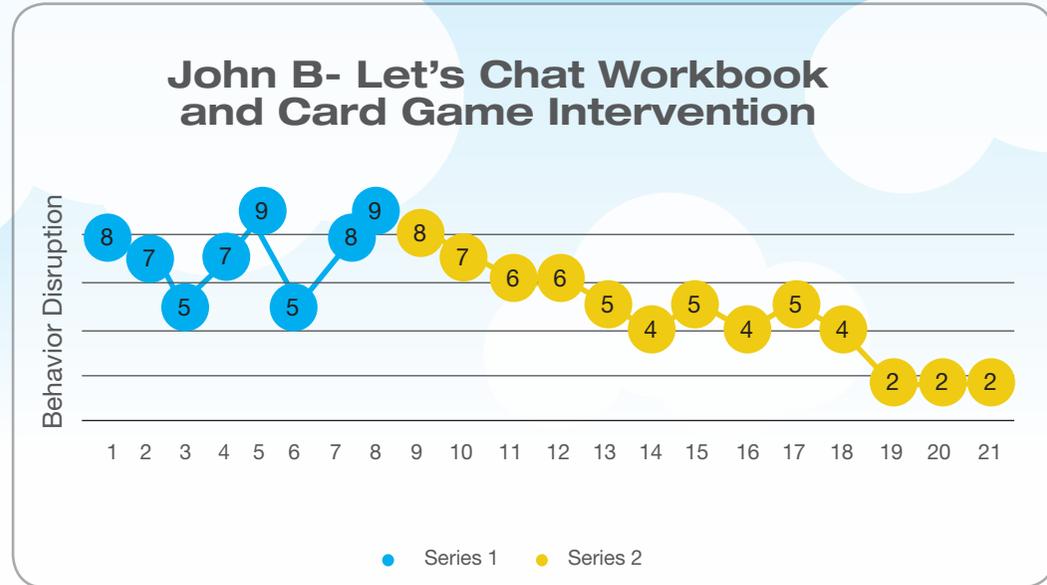
SCARED
SILLY
TIRED

The Research and Data behind Let's Chat

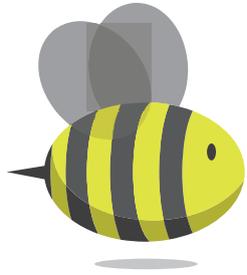
Over 14 years of trial and error as well as researching theory and methodology from both Developmental, Psychology and Behavior Disciplines have culminated in an effective easy to implement and FUN way to interact and reduce problematic behavior with your child. We have implemented the Let's Chat methodology with over 100 clients ages 5-12 and have demonstrated over a 90% reduction in non-preferred behaviors as well as a 100% increase in effective communication with caregivers and their children. We have provided a couple of our most recent cases which we have changed the names to protect and respect their rights to confidentiality and privacy. We welcome any feedback and questions you might have about our program



The graph above demonstrates a single case study implementing the Magic Spell Cards over a seven-day period before bed time each night. Vicky is a nine-year-old honor student who has been suffering from nightmares daily. She worries about being kidnapped and monsters. After using the cards with her mother before bed time for seven days, Vicky felt more confident in her thought before bed and began to sleep through the night. Vicky has memorized the Magic Spell Cards and continues to have zero nightmares. Vicky uses the cards to fend off her bad thoughts and then thinks of fun things before bedtime.



This case study shows the implementation of the Let's Chat Behavior Kit over a two-week period. Client was a ten-year-old male who was diagnosed with severe Oppositional Disorder and Mood Disorder. After several attempts at traditional therapy failed, the client and parents implemented the full Behavior kit. As indicated by the graph, instances of behavior disruptions such as talking back and fighting with siblings was reduced by nearly 100%. The client was seeing our therapist four hours per week and is now down to one hour per month.



BeeHavior Solutions

a short summary of what is the book about
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