FREE STARTER KIT · AGES 8 TO 12

Stuck at the start?

A one-week plan to help your child begin hard tasks with fewer reminders and less arguing.

- ✓ The three-step plan for starting small
- ✓ A one-week start log
- ✓ Cut-out first-step notes
- ✓ Words to try, all on one page

From *Get It Going*, a Resona™ family guide by Karmelyn (Kaye) T. Lee, M.S., M.L.S., BCBA, LBA

How to use this kit

Some kids want to do well but get stuck at the very first step. You say “start your homework” and nothing happens, or the morning stalls before shoes are on. It often isn’t a matter of not caring. Getting started is a skill, and skills can be taught.

This week, try one thing: pick one task your child has trouble starting. Use the handout to name the very first step together, write it on a first-step note, and keep track on the start log for seven days.

1. **Read the handout** on the next page. It has the whole plan in three steps.
2. **Cut out a first-step note** and stick it where the task begins, like the homework table or the front door.
3. **Fill in the start log** each day. Notice what helps, not just what goes wrong.
4. **Hang the “Words to try” page** on the refrigerator so everyone uses the same short, calm words.

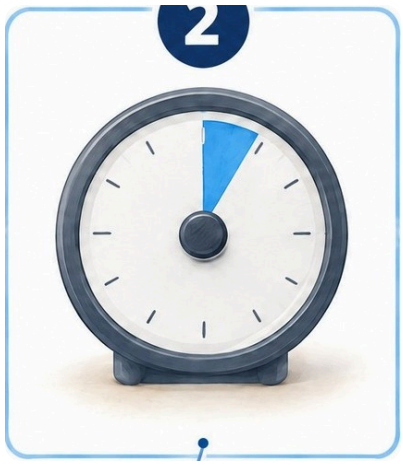
Pages may be copied for use with your own family.

Start with one small step

Practicing at home: three steps. The same plan every Get It Going family uses.



1. Name the first step
Small, clear, written down.



2. Set two minutes
Stopping when it rings is okay.



3. Notice the start
Say what you saw.

1. **Name the first step.** With your child, write the very first step of a hard-to-start task on a note. Small, clear, and doable in a minute or two.
2. **Set two minutes.** Use your child's start signal and a visual timer. Your child can stop when it rings. Stay nearby with your own task.
3. **Notice the start.** When your child starts, say what you saw. Put a check on sheet G-W1.

Words to try

"What's the very first step?" · "Just two minutes. You can stop when it rings." · "You got going on your own!"

Remember: starting is the skill. Notice the start, not just the finish.

Start log

Name: _____ Week of: _____

Each day, write the task and the first step. Put a check when your child starts.

Day	Task	First step (on the note)	Started? ✓	What we noticed
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

This week, starting got easier when: _____

First-step notes

Chapter 2. Cut apart. Write the very first step on one note and stick it where the task starts.

My first step

Task: _____ When: _____

✂ -

My first step

Task: _____ When: _____

✂ -

My first step

Task: _____ When: _____

✂ -

My first step

Task: _____ When: _____

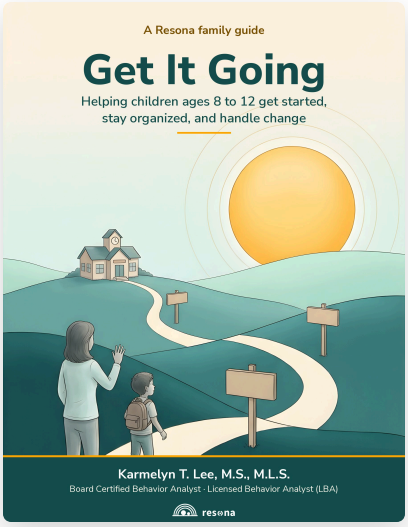
Words to try, all in one place

Copy this page for the refrigerator. Short, kind words work better than long reminders.

Chapter	Words to try
1 · Getting started	“What’s the hardest part of your day?” · “What do you love doing right now?”
2 · One small step	“What’s the very first step?” · “Just two minutes.” · “You got going on your own!”
3 · Time you can see	“How long do you think this will take?” · “Let’s check the real time.” · “Now we know.”
4 · My stuff, my spot	“Where does this live?” · “Check your list.” · “You checked it all yourself.”
5 · Two homes	“What travels with you?” · “Check your switch-day list.”
6 · Homework	“Show me your plan when it’s ready.” · “Which one comes first?” · “Timer’s up. Break time.”
7 · Plan B	“What’s your Plan A?” · “What’s your Plan B?” · “I think you’re stuck.”
8 · When the plan changes	“What’s your goal?” · “Tell me about your plan.” · “Did your plan work? Do you need a new plan?”
9 · Growing into it	“Look at your list.” · “What do you need to do?” · “What’s your plan for the week?”

When your child is upset: name the feeling, use few words, wait a minute, and point to the plan your child already made.

Ready for the next step?



This kit comes from Chapter 2 of **Get It Going**. The full book has nine short chapters for the other hard moments of the day:

- Time your child can see
- A launch pad so things stop going missing
- Smoother switch days between two homes
- Homework without the battle
- A Plan B for when plans change

99-page PDF with handouts and practice sheets for every chapter. **$19.**

Get the book

resona.obhs-llc.net/27a01358

About the author. Karmelyn (Kaye) T. Lee, M.S., M.L.S., BCBA, LBA, is a Board Certified Behavior Analyst who works with families on getting started, staying organized, and handling change. Every family example in her books is a composite, drawn from common experiences.

These pages offer general information for families. They do not replace individualized assessment or treatment by a qualified professional who knows your child. If you have concerns about your child's health, safety, or development, talk with someone you trust, such as your child's teacher, school counselor, or doctor. General education only; not individualized clinical or medical advice.

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