**Playbook to Inject the Healthy Undercurrent of Normality and Accountability**

*Mental or Physical Impairment Seed*

A Message from the Show *“Supernanny”*



**Who:** Stephanie, Dad, Mom, Grandpa

**What:**

* Watch the selected clip from the hit T.V. show *“Supernanny”*
* Together, find the answers to the following questions:
	+ How did the girls respond to their parents when they were implementing the new bedtime rule? Why do you think they responded this way? What were they trying to accomplish?
	+ Why didn’t the parents stop and give consequences to the girls when they became disrespectful?
	+ How did mom describe herself as feeling while she was implementing the new rule and technique? Why do you think she felt this way?
	+ What do you think would have happened if the mom gave into her emotions and laid down with her daughters in the middle of their tantrum?
	+ How did the parents respond once they realized that the technique helped them to accomplish the goal?
	+ Although these young girls likely did not have a mental illness that was driving their behavior, do you think that some consistency and accountability might still be needed for anyone?

**When:**

* Next Monday during your family therapy session

**Where:**

* In the therapist’s office

**How:**

* Watch the selected scenes and discuss the questions above
* Discuss what action steps are now needed to maintain consistency and accountability – these action steps might become a second playbook or a hybrid contract

**Therapist’s Guide for this Playbook**

**Suggested Viewers:** The Parents who…

* Need to see the value in consistency and accountability
* Need to recognize the destructive power of parental guilt and how it actually “feeds” misbehavior
* Need an illustration of how to stay calm in the midst of battles
* Need to see that it may get worse before it gets better.
* Need an illustration of how crucial the balance of love and limits is to maintaining a healthy family.
* Are not seeing immediate results to their consistency in holding their child to proper behavior and they are tempted to give up and go back to the old ways.

**Script for Setting up the Scene:**

The clip I am about to show you is from the ABC Series titled *“Supernanny”.* Jo Frost is the Super Nanny, a British nanny with over 15 years of experience and specific techniques for dealing with virtually any situation. Jo goes into families’ homes and provides parents with concrete tools to common issues like tantrums, disrespect, sleep problems and mealtime battles. Virtually every solution begins with establishing a detailed household routine and employing a consistent discipline technique within the home.

**In this scene you will see….**

* The Supernanny teaching a mom and dad how to implement the “bedtime technique” with their two young daughters. Up until this moment, the mom has been lying in bed between the girls until they fell fast asleep each night. The goal of this technique is for the girls to sleep without their mom in their bed and go to sleep on their own.

**Look for….**

* How do the girls respond to their parents when they were implementing the new bedtime rule?
* How do the parents respond to their girls’ negative reactions?
* How does the mom describe herself as feeling while she is implementing the new rule and technique?

**Play Selected Scene:**

* Play Scene from Supernanny: The Bedtime Technique

**Discussion Questions from the Clip:**

* How did the girls respond to their parents when they were implementing the new bedtime rule? Why do you think they responded this way? What were they trying to accomplish?
* Why didn’t the parents stop and give consequences to the girls when they became disrespectful?
* How did mom describe herself as feeling while she was implementing the new rule and technique? Why do you think she felt this way?
* What do you think would have happened if the mom gave into her emotions and laid down with her daughters in the middle of their tantrum?
* How did the parents respond once they realized that the technique helped them to accomplish the goal?

**Main Lessons:**

* Implementing consistent consequences for negative behaviors is not for the faint of heart.
* Sometimes you have to focus on the goal and not be sidetracked by all the small victories you could stop to settle for on the way.
* Don’t be surprised if things appear to get worse before they get better.
* Persistence pays off.
* It’s never too late to try something new.
* Sometimes setting limits for one family member will allow you to show love to another family member.
* Households are more loving when there is consistent structure and routines.