



## Living With Preschoolers

### Session Two: Patterns

#### Introduction

Our preschoolers' most frustrating behavior is often a request for connection and teaching...at the times and in the places that are most meaningful for them. In this session we'll take a look at the behavioral patterns through which our children may be communicating what they most need (and when most often need it.)

#### Question

Refer to notes you made last session about the behaviors you notice in your preschooler(s) and the observations you made about when they tend to occur. Look for patterns: does the behavior tend to happen over and over again at certain times of day or in certain circumstances?

#### Invitation

On the next page, write down any observations you've made about any behavioral patterns. You may use the example below if you think you would find it helpful.

*Example: I've Noticed...*

My child tends to fall to pieces when I'm cooking dinner

My child is least likely to listen when we need to get ready for school

My child gets clingy and whiny when it's time to brush teeth

## Session Two: Notes

Where do you notice patterns in your preschooler(s) behavior?  
Feel free to take notes here using the example on the previous page.

