



www.getfstdigital.com

HANDOUT #1: THE POSITIVE CHILD REPORT (PCR)

Positive Child Report- (PCR)

For: _____

You Did It! Academics Athletics Creativity
 Concern For Others Performed Well Under Stress
 Performed Well Under Tough Circumstances
 Did Chores Without Being Asked Avoided An Argument
 Job Performance Respectful Other

You earned a PNR because: _____

*You are being recognized for going beyond the call of duty!
Keep moving forward!
You're fantastic!*

Dad's Signature: _____

Date: _____

HANDOUT #2: THE FST TRAUMA PLAYBOOK (ONE EXAMPLE)

CATCH LUKAS DOING SOMETHING RIGHT IN A PLAYFUL AND INTENTIONAL WAY—Dad: Gives 1x a DAY (*Like a Vitamin*)

Healthy Undercurrent (Higher Calling) = Soft Talk and Praise

The Positive Lukas Report (PLR)

Who:

- Dad

What:

- Positive Lukas Report

When:

- 1 or 2 x per day
- Morning and Evening or Mix it Up

Where: (the more playful the better)

- Underneath pillow, stuffed bear, in backpack, write on mirror, etc

Rx: Warning Labels

- Lukas May be Scared And Initially Reject- This is Normal
- Lukas May Not Appreciate It
- May Seem Weird and Awkward to You-This is normal
- Must Commit to 30 days – 1x per day or can backfire
- Be Creative in Giving the Positive Lukas Report

THE POSITIVE LUKAS REPORT (PLR)

Positive Lukas Report- (PLR)			
For: _____			
___ You Did It!	___ Academics	___ Athletics	___ Creativity
___ Concern For Others	___ Performed Well Under Stress		
	___ Performed Well Under Tough Circumstances		
___ Did Chores Without Being Asked	___ Avoided An Argument		
___ Job Performance	___ Respectful	___ Other	
You earned a PLR because: _____			

<i>You are being recognized for going beyond the call of duty! Keep moving forward! You're fantastic!</i>			
Signature: _____			
Date: _____			