

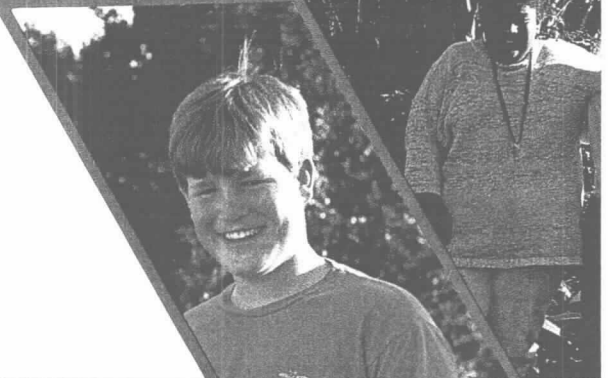
SHAPEDOWN

Advanced



PARENT'S GUIDE

A GUIDE
TO SUPPORTING
YOUR CHILD



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WELCOME TO ADVANCED SHAPEDOWN!

Your child and family have graduated **from** SHAPEDOWN. You have made a lot **of** changes. Congratulations! **ADVANCED SHAPEDOWN** will help you deepen and **extend** those changes so they will become **normal** for you, so they will be more permanent.

Before starting **ADVANCED SHAPEDOWN**, please schedule a planning visit with your SHAPEDOWN provider. If your child is 10 or older, this visit may include reviewing your YES computerized follow-up results to see exactly what changes you made during SHAPEDOWN.

The purpose of this planning meeting is to be sure that **ADVANCED SHAPEDOWN** is the best next step for you. If you went through SHAPEDOWN and felt "stuck" - like you or your child weren't making changes like **the others** or things actually got worse, then **other** kinds of counseling may be necessary **before or along with** **ADVANCED SHAPEDOWN**. Here are some common stumbling blocks that require other kinds of attention:

distress in the child - If a child is depressed or anxious or exhibiting behavioral problems, counseling for these prob-

