

### **Exercise 3-1: Interaction Log**

*INSTRUCTIONS: Select two periods (about 30 min. each) to record the frequency and type of interaction you have with your child. The periods may be on the same or different day, but they should be at different times during the day.*

*Record the number and types of interactions with your child, and who initiates them (parent or child). An interaction may be for instruction, attention, discipline, or whatever.*

*NOTE: This exercise will be most objective if someone else records their observations of you and your child, but it is still very useful if you do it yourself.*

**First Period:** Day \_\_\_\_\_, Time \_\_\_\_\_, Setting \_\_\_\_\_

**Second period:** Day \_\_\_\_\_, Time \_\_\_\_\_, Setting \_\_\_\_\_