



SNAP® (Stop Now and Plan)
Guiding Children to Better Choices.

The SNAP® Strategy



The SNAP® strategy is simple and works for children, parents, and teachers alike.

Over the course of 13 weeks, children attend either SNAP® Boys or SNAP® Girls groups while their parents attend SNAP® parenting sessions. Through role-plays, home practice assignments and joint family sessions, both children and parents learn how to deal with difficult situations by:

STOP

Stopping themselves (e.g., by counting to 10 or taking a deep breath) as soon as their body begins to react (e.g., throbbing head, tension, feeling hot). We call these reactions body cues.

NOW
AND

Identifying any hard thoughts (e.g., "he's doing that to make me mad") and replacing them with helpful and/or realistic coping statements, or cool thoughts (e.g., "I can handle this").

PLAN

Picking a plan that meets these three criteria: 1) makes the problem smaller instead of bigger, 2) doesn't hurt anyone or anything, and 3) makes them feel okay.

A key aspect of the SNAP® technique is helping children to identify triggers (what makes them angry, frustrated, sad or worried) and make the connection between their body cues, thoughts, feelings, and actions.

By following these steps, children and parents become more aware of their emotions, triggers and impulses and, in turn, learn how to slow down, regain their composure, challenge their hard thoughts and come up with positive plans.

Funded by the Florida Network of Youth and Family Services, the Stop Now And Plan (SNAP®) Program offers FREE groups and support for children ages 6-11 and their families.

Email us to learn more:
SNAP@centerforchildcounseling.org

Call us at 561-244-9499 for a consultation.



About SNAP®

What if we told you that SNAP can actually "reset" a child's brain in just 13 weeks?

Well, it's true.

In a study at the University of Toronto, leading researchers found that as children learn to use SNAP® and develop self-control and problem-solving skills, there is increased activity in the regions of the brain responsible for monitoring self-control.

Over thirty years of helping children and families has resulted in rigorous SNAP® research that has achieved the highest standard of scientific and clinical excellence.

Through the Florida Network for Youth and Family Services, Center for Child Counseling is pleased to offer SNAP® for children, families, and schools in Palm Beach County.

We are confident in SNAP® and passionate about reaching more children and families in our community. **SNAP® is free for families and schools!**

If you know a child or family who could benefit from SNAP® services, please visit our website to learn more.

www.centerforchildcounseling.org/snapprogram



"We are so glad we completed SNAP! We have done a tremendous amount of work setting boundaries, consequences, and limits."

- Parents of SNAP® Boy

"My son has ADHD and anger issues. We felt lost and frustrated that we couldn't seem to break our son's cycle of explosive, angry outbursts. SNAP provided us with essential tools to help us cope as individuals and as a family. We cannot emphasize enough the hope this program has given our family, especially our son."

- Mother of a SNAP® boy

"I used to always lose my temper and fight with people, but when I came here I learned I didn't have to get into fights, I could just use SNAP."

- SNAP® Girl

Who Should Attend SNAP®?

SNAP is for boys and girls ages 6 to 11 who are experiencing a range of externalizing issues such as aggression, rule breaking and bullying. Often these behaviors exist alongside internalizing issues such as anxiety, isolation and depression.

Take note of the red flags on page 4 – if your child is experiencing any of these issues or problem behaviors, **SNAP® can help.**

CLICK TO WATCH:
What SNAP is



Research has shown that the most effective treatment for behavioral problems is a combination of:

Child-Focused Cognitive Behavioral Therapy

Focusing on the connection between a child's thoughts, feelings and actions.



Parent Management Training

Focusing on teaching parents how to effectively manage their child's behaviours.

SNAP®, which stands for Stop Now And Plan, is an evidence-based cognitive-behavioral model that teaches children struggling with behavioral issues, and their parents, how to manage their emotions and behavior by getting them to stop, think and plan positive alternatives before acting impulsively.



SNAP® Works!

SNAP® works with both children and parents. It has been shown to **reduce** childhood aggression while **increasing** emotion regulation, self-control, problem-solving and social skills.

SNAP® has also been shown to improve effective parent management skills and enhance a child's academic experience by decreasing problematic behaviors.





About Disruptive Behavior

Serious and persistent disruptive and antisocial behavior often starts in childhood. Early identification and intervention for young children with disruptive behavior problems is important, if not critical.

They are the leading reason for mental health referrals, and left unaddressed can lead to a lifetime of consequences, including conduct disorders in adulthood.

Self-Control: The Heart of The Matter

SELF-CONTROL refers to the ability to control our desires (“I want it”), emotions (“I’m mad”) and impulses (“I’m grabbing it”), especially in difficult situations.

SELF-CONTROL is key to a child’s happy and healthy prosocial development, and is one of the best predictors of academic and professional success.

It is also “the heart of the matter” for those who struggle with behavior problems. However, with children’s brains still developing during the middle years, this is a great time for strengthening self-control skills.

Emotion regulation is a type of self-control that is important to a child’s healthy development. It refers to the ability to monitor, assess, and modify our emotional reactions to accomplish our goals.

Learning to regulate emotions is especially important during the middle years, as a child’s ability to form emotional connections at school, at home and in the community increases greatly during this time.

“When children come in for treatment, we are seeing the ventral region of their brain lighting up like crazy. There is a lot of activation here. After three months of treatment, we see less activation for the kids who improve with treatment...kids are learning to control their impulses and to regulate their emotions.”

Professor Marc Lewis, Department of Human Development and Applied Psychology, University of Toronto



The 'Middle' Years

Children ages 6 to 12 are considered to be in their “middle years.”

During this formative period, children become increasingly independent as they explore the world around them. At this stage, children spend a lot of time in school, where they are focused on making friends and continuing to learn that actions have consequences – both good and bad. This helps them navigate their world and become better problem- solvers and thoughtful decision makers.

As they enter middle childhood, most children are beginning to learn how to manage their impulses, understand their emotions and master their behavior. The knowledge and skills children gain during these middle years will continue to form the base of their intellectual, emotional and social growth for the rest of their lives.

However, this period is also where we can start to see behavior problems taking root. Some children have more difficulty mastering their impulses, following rules or behaving in socially appropriate ways.

Behavior problems that are not addressed early on can hinder a child’s social and academic development and cause stress for both children and their families. Fortunately, children are still developing during this crucial stage, and positive parenting strategies can go a long way to ensure their healthy, prosocial development.

With the brain still “under construction” during the middle years, it can be remolded by experiences that positively influence these problem behaviors before they become fixed.

Early intervention is the key to healthy outcomes.

Supporting Your Child's Emotional Well-Being with SNAP®

Important Red Flags in Your Child's Behavior:

- Problems with family relationships.
- Physically and or verbally aggressive.
- Lack of self-control or problem-solving skills.
- Difficulty making and keeping healthy peer relationships.
- Anxious.
- Withdrawn.
- Vandalizing and/or damaging property.
- Defiant behavior.
- Stealing.
- Bullying others.
- Irritability and/or inattention.
- Sudden outbursts or explosive emotional reactions
- Prolonged negative mood and attitude.
- Inability to cope with problems.
- Inappropriate or unusual reactions to others
- Sad and hopeless feelings without good reason, that don't go away.
- Avoiding friends or family and wanting to be alone all of the time.
- Opposition to authority figures and little or no remorse for breaking rules.



Early Detection and Intervention

Social-emotional or behavior problems that go unaddressed can get in the way of normal child development, mental health, and overall well-being.

We can hope that children will grow out of these issues, but leaving them unaddressed can lead to more serious concerns, including anything from bullying, aggression and rule-breaking to criminal activity.

Without early intervention, children experiencing social-emotional or behavioral issues may never have the opportunity to reach their full potential.

However, with early detection and intervention, children can receive help sooner. By teaching children important emotion-regulation, self-control, and problem-solving skills during the critical middle years, we can prevent serious problems later in life.

These issues are often difficult for children to understand and manage, and can create daily challenges at home, at school, with their peers, and in their community.

If you notice one or more of the red flags in your child's behavior, you may consider reaching out for support.

Center for Child Counseling is here to help. Email us at snap@centerforchildcounseling.org to learn more about SNAP®.

If you significant concerns about your child's behaviors or mental health, please call us at 561-244-9499 ext. 2 for a free consultation.

Visit our website at www.centerforchildcounseling.org to learn more about our services and programs.

SNAP® is funded by...



Learn Self-Control with SNAP®

For parents who require additional support, SNAP® can help.

SNAP® (Stop Now And Plan) is a proven model that teaches children struggling with behavior problems, and their parents, how to make better choices "in the moment."

By teaching children and parents how to effectively regulate their emotions, use self-control and solve problems, SNAP® helps them to stop, think and find solutions that will make their problems smaller, not bigger.

Developed over the past 30 years by Toronto's Child Development Institute (CDI), SNAP® is an award-winning program designed specifically for both boys and girls. It has now been adopted across Canada and around the world for use at home, at school and in the community. Through the Florida Network for Youth and Family Services, Center for Child Counseling is a SNAP® affiliate implementing the program in Palm Beach County..

SNAP® helps children to better understand their emotions and impulses and teaches them how to self-regulate. It also helps parents to strengthen their parenting skills and support their children's healthy development.

Research shows that SNAP®:

- Increases emotion-regulation, self-control, and problem-solving skills.
- Reduces aggression, bullying, anxiety, depression, and antisocial behaviors.
- Increases social competency, and prosocial behaviors.
- Improves academic experience by decreasing behavioral issues at school.
- Increases effective parenting skills.
- Increase emotion-regulation and self-control skills in children and their parents

And the Research Also Shows...

- Parents experience less stress in their interactions with their children as well as increased confidence in managing their children's behavior.
- Children report improved quality of interaction with parents, including less yelling and more limit setting.

RESOURCES FOR PARENTS AND CAREGIVERS

Center for Child Counseling is a resource for parents, caregivers, and professionals who work with children and teenagers. Our goal is to provide helpful, reliable, and scientifically-sound tips and resources that help children heal after adversity and trauma, cope with loss or stress, and build overall well-being and resilience.

Online Resources at Center for Child Counseling

- www.centerforchildcounseling.org/resources
- www.centerforchildcounseling.org/programs
- www.centerforchildcounseling.org/waystoplay
- www.centerforchildcounseling.org/awayofbeing
- www.centerforchildcounseling.org/parentresources
- www.centerforchildcounseling.org/awayofbeingvideos
- www.centerforchildcounseling.org/awayofbeingtipsheets
- www.centerforchildcounseling.org/awayofbeing/workshops
- www.centerforchildcounseling.org/resources/childresources

Parent, Caregiver, and Teacher Workshops

We provide an array of free and low cost workshops that are online and can be taken at your convenience, from the comfort of your home.

Learn more at:
www.centerforchildcounseling.org/welearnplay
www.centerforchildcounseling.org/awayofbeing/workshops

Need support for a behavior or mental health concern? Please reach out and let us know. Our goal is to continue to build resources and training to support you.



www.centerforchildcounseling.org/snapprogram

Telephone: 561-244-9499
Email Us: Info@centerforchildcounseling.org
www.centerforchildcounseling.org

Child and Family Center: 5205 Greenwood Avenue, Suite 105, West Palm Beach, FL 33407
Main Office: 8895 N. Military Trail, Suite 300C, Palm Beach Gardens, 33410

