

LEADS JOURNAL ENTRY TEMPLATE



When a child experiences chronic peer conflict, it may be necessary for parents to seek help on his or her behalf. Help determine the severity of the situation by keeping a LEADS Journal. Fill out a journal entry using the template below each time your child confides in you about problems with peer conflict or victimization.

Date: _____

Look and Listen: *What did your child tell you? What other info did his or her behaviour or expressions convey?*

Explore points of view: *Who else is involved? How might their perspectives differ from your child's?*

Act: *How did you respond? What did you say? What did you do? What did you suggest your child do?*

Did it work?: *Did your actions or your child's actions solve the problem? How do you know?*

SeeK help: *Review your LEADS Journal entries once a month. If your child's problems appear to be chronic, it may be time to seek help. Learn more at www.witsprogram.ca/families/using-wits-with-your-children/when-to-seeK-help.php.*