Knock, Wait, and Get Help

Respect ordinary privacy. Keep urgent help reachable.

Knocking includes waiting for an answer; immediate danger and necessary help have a clear exception.

Example: a child knocks at a bedroom, waits for "come in," and uses a shared charger shelf rather than entering for supplies.

01 Name the doors

Decide what ordinary privacy means in your home.

Doors covered

Reason to explain

Supervision requirement

Adult courtesy to model

02 Practice entry

Teach the response after the knock.

Knock-and-wait wording

Answer allowing entry

Answer asking child to wait

Safe no-answer option

Knock, Wait, and Get Help / Review & follow-through

03 Keep help available

State the exception without frightening the child.

Urgent-help phrase

Example needing help now

Ordinary request example

Available adult role

04 Reduce interruptions

Fix access and review the actual habit.

Commonly requested item

Approved supply location

Step missed in practice

Next entry rehearsal