Getting More of What You Want With Your Child’s Behavior: 1

• **Use Specific Praise**
  – Be very clear and specific.
  – Describe the behavior that you like and want to see more often.
  – Be sincere, but also be enthusiastic.
  – Specific praise is better than general approval in order to get more of a behavior you want to see.
  – It teaches your child to receive and be motivated by compliments
  – Focus only on the behavior you like, not the behavior you don’t like

• **Give Clear, Calm Instructions**
  – Used when you need your child to start a new task
  – Helps to improve compliance and improve focus and attention to directions.
  – Make sure you have eye contact. Remove distractions, like the TV.
  – Steps:
    • Use a calm voice and say exactly what you need your child to do
    • Don’t tell your child to STOP, but rather what to do
      – E.g. Stop hitting the dog!
    • Never ask a question that has an answer you don’t want to hear.
      – E.g. do you want to get ready for bed?
    • Give 5 seconds for the child to do what you ask
    • If follows your instruction, give specific praise
    • If does not follow instruction, repeat it
      – Change the tone of your voice to let the child know that this is the last time
      – Use the words **NEED** and **NOW** to emphasize your point
        • I **NEED** you to pick up your toys **NOW**
    • Give 5 seconds for the child to do what you ask
    • If does not follow instruction, use a logical consequence or time out

• **Logical Consequences**
  – Best for mild problems that don’t happen very often
  – The consequence fits the situation.
  – Take away whatever is at the center of the problem.
  – Do not debate or argue
  – Return the activity in a short amount of time
    • 10 minutes for toddlers and preschoolers
    • 30 minutes for elementary school age children.
  – Use another consequence if needed or make the first consequence longer.