

Clear Instructions...Help Your Child Cooperate!



Cooperation

How Will Clear Instructions Help My Child?

Your child will be more likely to follow your directions when he understands what you want and sees that you MEAN it.

What Can I Do?

1. **Stop what you are doing and stand close to your child. Make sure he is looking at you.**
2. **Using a polite, but firm tone of voice, tell your child clearly what you would like him to do. Give directions only once. Wait a minute and keep eye contact with your child to give him a chance to cooperate.**
3. **Your second statement should let your child know what the consequence will be if he doesn't follow your directions.**

Example, say: *"Please brush your teeth now or you will lose your bedtime story."*

4. **Don't ask a question:**

For example, don't say: *"Would you like to brush your teeth?"*

Instead say: *"It's time to brush your teeth."*

5. **Always say: "Thank you," when your child follows your directions so he knows you appreciate good listening.**

6. **If your child doesn't follow the directions, you must follow through on the consequences.**

Notes & Tips for my child...

Rewards for Life!

Clear instructions from a parent are an important part of child discipline. Kids and teens who have the self-discipline to follow instructions are more successful with school, friends, and work.

These are general guidelines, not medical advice, for children ages 3 years and older.
Consult a physician or mental health professional for specific problems or concerns about an individual child.

For more ideas and resources to help develop children's social-emotional skills and healthy decision-making visit AcornDreams.com, a service of Wingspan, LLC.

