

Take Five: Countdown to Cooperation



Cooperation

How Will "Take Five" Help My Child?

Take Five helps your child do things for herself and be more cooperative.

What Can I Do?

1. If your child refuses to follow directions, do NOT try to talk her into it.

Example, say once: *"Please pick up your blocks."*

2. Calmly tell your child that you will count down from five and that she must follow your direction BEFORE you reach "one" or she will receive a consequence. Tell her what that consequence will be.

Example, say: *"If you do not pick up your blocks by one, you will not be able to play with them tomorrow."*

The best consequences are loss of independent choice, time out, or loss of a privilege.

(See "Setting Consequences That Make Sense" handout.)

3. Calmly say the numbers "5-4-3-2-1" out loud. ONLY count down. Don't give more warnings, don't beg, don't threaten. JUST COUNT down from five to one.
4. If your child does not cooperate before you say "one," follow through with the consequence.
5. If your child does cooperate, even if she waits until "2," make sure you say: *"Thanks for cooperating. You made a good decision."*

Notes & Tips for my child...

Rewards for Life!

Teens and adults who are cooperative and independent are able to take on the challenges of school and work. They tend to have healthier relationships and more success in life.

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.

