

Helping Your Child Respond to Your Requests

- 1) *Be specific. Tell your child what you want vs. what you do not want. Examples: telling them to talk nicely vs. not to tease, or telling them to play cooperatively vs. not fight.*
- 2) *Be calm, keep a neutral tone in your voice when you give a prompt (you can add to word please to set a nice tone).*
- 3) *Be close. Go up to your child when you talk and make eye contact.*
- 4) *Give the prompt as close as possible to when you want the behavior to happen*
- 5) *Avoid asking a question as a prompt. You'll get an answer to your question and no behavior*
- *Prompt for a behavior no more than twice. Three prompts for the same behavior is nagging. If the problem can be broken down into smaller parts, prompt for each part. For example, instead of asking your child to clean his room, you could ask for the bed to be made and the toys put away*

EXAMPLES:

Poor	Better
"Pick up your toys"	"Please pickup your trucks and put them in the toy box"
"Be good" "Don't fool around"	"When you're on the school bus, remember to keep you hands to yourself and stay in your seat"
"Put your dish in the sink"	"Please put your dish in the sink when you are done"
"Suzy, go tell your brother to hurry up with his shoes"	"Johnny, please put your shoes on in the next minute or so, so I can help you with your coat"
Asking your child to put his shoes on 2 hours before you leave.	Reminding your child right before you leave to put his shoes on.
"How many times to I have to tell you?"	"Johnny, please turn off the TV"
"Is it a good idea to play so rough with your toys?"	"Roll the car more slowly on the ground or it will break."

Taken from:

Kazdin, A.E. (2005). *Parent Management Training: Treatment for oppositional, aggressive, and antisocial behavior in children and adolescents*. New York: Oxford University Press (266-267)