

## 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.