



Getting More of What You Want With Your Child's Behavior: 2

Offering Fixed Choices

- Helps child do things that make them anxious
- Helps to reduce arguing and worrying
- Offer 2 clear cut choices
- You decide what the 2 choices are. Your child gets to choose between the 2 choices.
- The choices can be repeated once. (See giving clear, calm instructions)
- Do not argue with the child.

Blocking

- Blocks negative behaviors from happening
- Helps to improve compliance and reduce arguing
- Say your child's name
- Position yourself in front of the child to block out any distractions and be sure you have good eye contact.
- Speak very softly, and calmly. Don't be sarcastic.
- Tell your child what you want them to do.

Flexible Thinking

- Encourages compliance, teaches compromise and problem solving
- Gives a sense of control
- Ask the child what it is they want first
- Think carefully about what you are going to choose because it will be the final answer
- Meet in the middle and make a commitment to follow through on the compromise.

Routines

- Predictable routines lead to fewer surprises and less stress for everyone!
- Write them out and be consistent
- Sleep Hygiene
 - Create a regular sleep schedule and stick to it, even when school is out
 - Decrease intake of sugar, caffeine, and second hand smoke for 3 hours before bedtime
 - Use relaxation activities for 20 minutes before bedtime
 - Create a routine of reading, storytelling, and/or bathing before sleep
 - Quiet music may be helpful.
 - Avoid TV and video games for at least 30 minutes before bedtime.
 - Keep TV out of the bedroom
- Nutrition
 - Breakfast is essential
 - Encourage balanced diet with plenty of protein
 - Encourage water limit pop, juices, and other sweetened beverages
 - Try to have at least one family meal every day. Sit at the table and talk about the day without the TV.
- Exercise
 - Encourage exercise at least 4 days per week for at least 20 minutes
 - Walk in place during TV commercials
 - Exercise together as a family
 - Consider using a step pedometer to give a measurement of actual exercise
 - Set small, concrete goals that are achievable, and build from there.