

Parenting #2 Following Directions

Key Concepts and Exercises

Expectations: Tell your child what you expect from them before an activity. It may seem obvious to you, but it isn't to them! You may need to practice how to complete the expectation.

Exercise: Before an outing (like going to the grocery store or going to a birthday party), talk with them about how they are expected to behave. Set a goal for behaving the right way!

Directions: Make directions simple. Avoid too many steps. Be specific about what you want to see them do. **Exercise:** Practice being specific about what you want your child to do without asking it as a question.

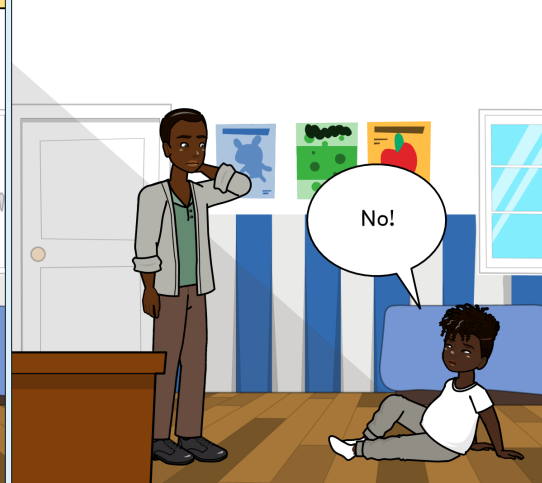
Schedules: Kids do well with regular schedules and rules. If they know the schedule, following the direction will be easier. Discuss household schedules and rules. Include them in the process. **Exercise:** Sit down with your child and write down a typical daily schedule and rules of the household.

Positive Parenting - Putting on Shoes

Dad gives simple directions and sets expectations for Niall's behavior.



Niall refuses to put on shoes.



Dad reminds Niall of the directions in the context of a reward.



Niall complies and puts on shoes. Dad gives clear praise.

