

Effective Commands

- ❖ Try to make eye contact.
- ❖ Short, sweet, calm, and clear.
- ❖ One direction at a time.
- ❖ Say what TO do, instead of what NOT to do.
- ❖ Limit repetition/warnings. Mean what you say the first time, then guide the child in follow-through.
- ❖ Ignore resistance, yelling, tantrums, whining.
- ❖ Use short time-out for aggression **if** you can follow through.
- ❖ Don't explain or reason in the moment.
- ❖ No fun things until the direction is followed.
- ❖ Be very matter-of-fact in what you say. Stay calm, and do not get pulled into an argument. Ignore whenever possible.
- ❖ Lots of praise afterward, no matter how long it took!