

# HOW TO INCREASE CHILD COMPLIANCE AT HOME

## COMPLIANCE = FOLLOWING A COMMAND

### NONCOMPLIANCE INCLUDES:

- **Refusing** - not following the command
- **Disobeying** - doing the opposite of the command
- **Dawdling** - following the request slowly

## A RECIPE FOR "GOOD COMMANDS"

### USE THESE 4 INGREDIENTS:

1. **Be direct.** Avoid questions (e.g., "Can you get your coat?"). Start the command with words like "Please..." or "I want..."
2. **Be Specific:** Make sure your child knows exactly what you are telling him to do (e.g., "I want you to get your shoes").
3. **Stay Positive:** Say what you want to happen. Don't use words like "stop" or "quit" (e.g., "Please walk in the house," instead of "Stop running").
4. **Keep it Simple:** Give 1 command at a time.

## VISUAL REMINDERS

Visual reminders help children develop independence.

- Make a list of chores and hang it in a visible place (e.g., the refrigerator).
- Make picture schedules for weekday routines like bedtime or getting ready for school.
- Create a sticker chart to keep track of good behaviors, like listening the first time.



visual schedule!

## PRAISE THE GOOD!

Sometimes it is easier to notice bad behavior than good behavior. You can use your praise and attention to increase good behaviors. **Here's how!**

- Praise the specific behavior your child did that was good (e.g., "Thank you for helping your brother!")
- Praise some neutral behaviors (e.g., "I love how you were quiet while I was on the phone").
- Make a list of all the times you praised your child throughout the day as a reminder to catch them being good.

## FOLLOW THROUGH

Always follow through with consequences that you set for non-compliance.

- **Helpful time out resource**

[CLICK HERE](#)

- **Helpful "time in" resource**

[CLICK HERE](#)

