

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](#)

