



Giving Good Directions

— TRACK YOUR PROGRESS —

Follow these tips to help strengthen your ability to give a good direction:

1. Tell your child what you want them to do.
2. Be pleasant, polite, respectful, but firm.
3. Act like you expect cooperation.
4. Make a clear, short statement.
5. Stand and hold for 10 seconds. If the child does not comply, repeat the direction a second time. Once the direction is followed, express a positive reaction.

Identify a 15-minute period of time over the next week that you will plan to track the directions you give to your child. Mark if you used a common approach or tried a new approach listed above along with the child's response.

Common Approach Used	Child's Response	New Approach Used	Child's Response
	<input type="checkbox"/> Complied <input type="checkbox"/> Did not comply		<input type="checkbox"/> Complied <input type="checkbox"/> Did not comply
	<input type="checkbox"/> Complied <input type="checkbox"/> Did not comply		<input type="checkbox"/> Complied <input type="checkbox"/> Did not comply
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	<input type="checkbox"/> Complied <input type="checkbox"/> Did not comply		<input type="checkbox"/> Complied <input type="checkbox"/> Did not comply

Which of the new approaches did your child respond to? _____