**Behavior Management Techniques**

**Tough Kid Tool Box by Jenson, Rhode and Reavis**

**Use a Clear Directive, Not a Question**

**Do not use such statements as “Would you stop teasing?” Instead make the request a polite command, such as, “Please hang up your coat.”**

**Shorten the Distance**

**Move closer to your child. The optimal distance for giving a command is approximately 3 feet.**

**Use a Soft, but Firm Voice**

**When giving a command, give it in a quiet voice, up close, with eye contact.**

**Make Eye Contact**

**Look directly at your child as you give an instruction. Say your child’s name. When your eyes meet, contact has been made, and the chance for compliance increases.**

**Time: Wait 5 seconds**

**Allow your child a bit of time to comply after making a request. Just wait. Do not talk with the child, do not argue or respond to excuses.**

**Only Twice**

**Tell your child what you require only two times. Force yourself to simply wait 5 to 10 seconds between each request. Avoid interrupting the child with further instructions.**

**Demand the Possible**

**Be certain the request is something your child is able to accomplish. You may want to divide a large job into “baby steps.” Plan for success!**

**Give descriptive Directions**

**Some directions are confusing for your child. Your child may truly not understand your expectations when you say “Clean your room.”**

**Remain Calm**

**An emotional response from the parent will actually reduce compliance. Exercise self-control. Remember to “breathe easy.”**

**Say “Start” Instead of “Stop”**

**Tell your child to start an appropriate behavior such as “Please start picking up the blocks.” Make fewer stop demands such as, “Don’t argue with me!”**

**Reinforce Compliance**

**Recognize your child’s efforts! It is too easy to request a behavior from a child, and then ignore the positive result. If you want more cooperation, then praise your child often.**