

MOMENTUM FOR COMPLIANCE

Some children get stuck when given a direction. One way to increase compliance is to get your child moving in the right direction. Start the process by giving several 'sure fire' directions.

- 1. Give your child a direction you are sure s/he will follow, such as "high five!"**
- 2. When s/he complies, give enthusiastic praise, such as "way to go!"**
- 3. Add another easy direction, such as "put this in your pocket"**
- 4. When s/he complies, give more praise, "Awesome!"**
- 5. Give a third direction that is not difficult, such as handing her/ him a piece of trash, say, "throw this in the garbage."**
- 6. When s/he complies, give praise, "super!"**
- 7. Last, slip in the real direction, such as, "put on your shoe".**
- 8. If s/he complies, praise. If s/he does not, get him started, but make sure s/he makes an effort to comply and does not resist.**

Following directions is easier when the related object is in view. Increase compliance by holding the object out toward your child (such as his jacket to put on).