

BEE SURE TO...



# ...FOLLOW THROUGH



Consistency is KEY!  
Give demands that you can reinforce or provide a consequence for if not followed.



Uphold your verbal request and assist your child by using prompting or modeling to ensure follow through.



Start by choosing a few demands you will be able to follow through with, then outline the rules and consequences to establish a contingency plan.



Provide your child with POSITIVE REINFORCEMENT any time they comply with the requests you have made.



Consistently following through with demands shows your child that your words have meaning and that you will do what you say.



Giving empty threats break down trust, teach children that promises are untrue, and ultimately put the child in control.



What if I can't follow through with the demand I gave?

- modify the parameters of the request
- offer more time
- offer a controlled choice
- offer help to complete the task

## Effective communication Tips:



Get on your child's level - kneel down next to them when speaking.



Deliver instructions in a calm but firm manner - use simple language.



Avoid over explaining your reasons for doing something - less=more.