...FOLLOW THROUGH

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

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BEE SURE TO

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

you can reinforce or provide a consequence for if not followed.

Consistency is KEY! Give demands that

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

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

modify the parameters of the request
offer more time

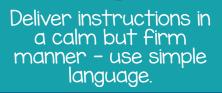
offer a controlled choice
 offer help to complete
 the task

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.

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

## Effective communication Tips:

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



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

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