

How Do I Get My Child to Do What I Want Them to Do?

5 Parenting Tips Using the Science of Behavior

Giving Choices

Provide choices for the child when it is appropriate or if there is more than one task that you would like them to do.

Benefit: child can feel like he/she is in control and will be motivated to work for said item/activity.



Preference Assessment

Provide three to four toys/activities that the child likes to engage in.

Benefit: Preferences change frequently—providing more opportunities to choose a reward increases compliance.



First/Then

Establish clear expectations by telling them **first** the activity that you want them to do, **then** give the reward that was promised upon completion of that activity.

*Example: **first** complete your homework, **then** you can play on the iPad.*



Follow Through

Say what you mean and mean what you say. Do not offer a reward or threaten something that is not going to happen.

Benefit: This will teach your children that you are reliable and stick to your word. Increasing compliance in the future.



Consequences Should Always Match the Behavior

DO mention the reward up front and provide them with what you believe is appropriate to the weight of their behavior.

DON'T change your mind and take away the chance for them to be engaged with the reward.

Example: agreeing to bring your child to a restaurant but later changing your mind and saying, "We'll go next time."

