

Clear Expectations, Direct Communication

Who: Say your child's name.

Example: *Leticia, turn off the TV.*

What: Be specific. Describe what you want done. Start with words that motivate to action, such as "stop," "take," "make" or "pick up."

Examples: *Pick your clothes up off the floor.*
Put all dirty clothes in the laundry basket.
Fold all your clothes and put them in your drawers.
Put all the trash in the trash basket.

When: Tell your child when you want something done.

Examples: *Now!*
Before you watch TV.
By Saturday at noon.
Immediately after school.

Where: Be specific about where you want them to be and where you expect them to put things.

Examples: *Play only in the front yard.*
Strip your sheets off your bed and put them in the laundry room in the green basket.
Stop jumping on the sofa and put your feet on the floor.

How Often: Every Saturday; every day; every night; just this once.

LET'S CLEAR
THIS UP BY
GOING OVER
THESE POINTS.



Put It All Together: Daniel. Clear the dishes off the table and put them in the sink. Do this after dinner tonight and after dinner every night.