

## Clear Instructions, 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.*
- *Take the 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:** Is this a daily or weekly expectation?

**Example:**

- *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.