5 Parenting Game Changers

Simple strategies to instantly boost cooperation in children and decrease parent frustration!

1. **10 Second Rule**
   - Children need time to process our requests!
   - Get up close and personal
   - Kindly state your simple, clear request
   - Maintain eye contact, and
   - WAIT for 10 SECONDS!!

2. **Tell your child what you want them TO DO.** (instead of what NOT to do)
   - "Put your toys in the basket now, please."
   (instead of "Don't leave your toys all over the floor.")

3. **When-Then Statements**
   - "When your toys are in the basket, then you may ride your scooter"
   - "When your clothes are put away, then we'll eat a snack."
   - "When your homework is done, then we'll go to the park."

4. **Specific Praise**
   - Focus praise on effort and keep it positive.
   - "You chose a lot of beautiful colors and worked hard on this painting. Thanks for showing me!"
   - "I can see that you worked really hard on your letters! Keep up the good work."

5. **Let your child over hear you complimenting them.**
   - Say something positive about your child to someone else while your child can hear. This really boosts self esteem and lets children know what to keep working on!
   - Kira has turned in her homework every day this week. Her teacher is really impressed!