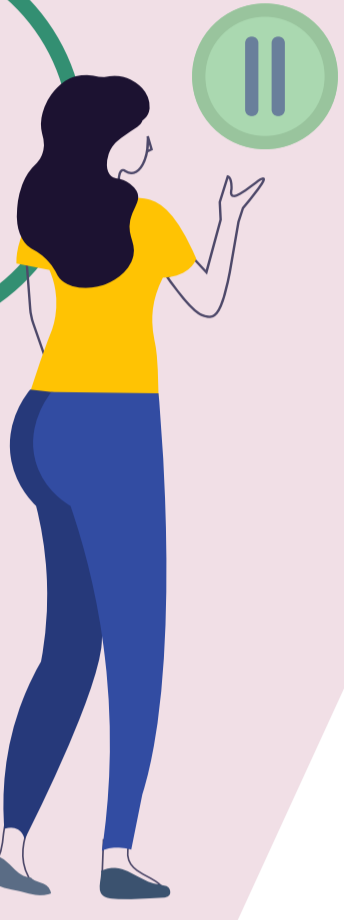


# 5 Parenting Game Changers

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



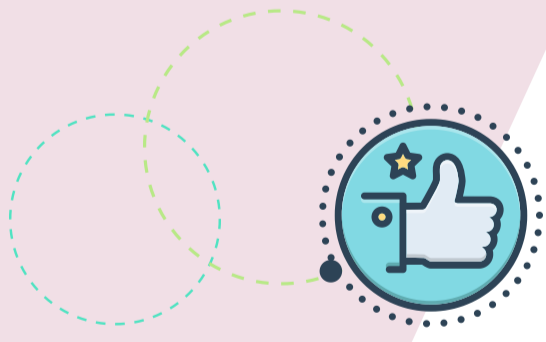
## When-Then Statements

"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 overhear 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!"