

10 Solutions for More Cooperation

- 1. Connect before you direct.** Before you ask your child to do anything you need to have a connection with them. It can be eye contact or physical contact like a light touch on the shoulder.
- 2. Speak in a quiet voice.** I know you're probably thinking you want your kids to hear you, but trust me, using a soft voice actually requires them to listen closer and pay attention!
- 3. Use as few words as possible.** When we speak only what's necessary it's easier to be heard. When we're always talking and explaining kids tune us out. Single word reminders can be helpful.
- 4. Develop a routine.** Make a visual plan with your child that shows each step that needs to happen every morning, bedtime, or other transition time. You'll eliminate power struggles because you won't have to constantly tell them (over and over again!).
- 5. Tell them what you expect ahead of time.** If they don't know what you want them to do, they can't do it. Knowing what is expected is reassuring to kids and gets everyone on the same page.
- 6. Establish boundaries.** Limits help your child feel safe. Making sure they are clear and consistent will build their trust and respect for you.
- 7. Spend time together.** Kids need one on one time with us -- time we can just be together. Rules without relationship leads to rebellion. Make sure to nurture that relationship!
- 8. Be respectful.** If you can't deal with it in a calm and respectful way then don't deal with it yet -- walk away until you're calm. Kids copy their parents' behaviors, so it's important to model how you want your child to act.
- 9. State things in the positive.** Tell kids what you want them to do, rather than what you don't want them to do. When you say "don't" it doesn't give the child any information about what they should be doing instead.
- 10. Make it fun!** Is there an enjoyable way to get it done? Can you fly upstairs like a super hero or look for sugar monkeys on their teeth? Laughter is a great way to change the mood.