



Praise

It is important to provide approval to your child as soon as he or she follows an instruction or request. If you consistently show approval for follow-through, your child will be more likely to follow instructions or requests in the future.



What to Do

1. **Offer immediate praise.** As soon as you give an instruction or request and your child begins to comply, immediately praise the child, using phrases such as:

"I like it when you do as I ask."

"It's nice when you do as I say."

"Thanks for doing what mum asked."

"Look at how nicely (quickly, neatly, etc.) you are doing that."

"Good boy/girl for doing..."

Feel free to use any other statement that specifically says you appreciate that your child is doing what you asked.

2. **Offer consistent praise.** Begin to use positive attention for virtually every instruction you give your child that he or she follows.
3. **Be alert for especially good behaviour.** If you should find your child has done a job or a chore or just something nice without specifically being told to do so, this is the time to provide especially positive praise to your child. You may even wish to provide your child with a small privilege for having done this, which will help your child remember and follow household rules without always being told to do so.
4. **Identify instructions that need extra work.** This week you should choose two or three instructions your child follows inconsistently. You should make a special effort to praise and attend to your child whenever he or she begins to comply with these particular instructions.

HINT

After you give an instruction, don't just walk away. Instead, stay and attend to what your child is doing, offering immediate and appropriate praise for follow-through. Once you have praised your child, if you must, you can leave for a few moments, but be sure to return frequently to praise your child's good work.