

Teach These Children

Fivefold enrichment



The Power of “If/Then” Statements

You need your child to follow directions and rules but you also want them to feel empowered.....

The problem: You find yourself repeating the same directions over and over. You start off asking in a kind and calm manner but wind up escalating once your child has not responded for the — time. Sound familiar? Remain calm ;) Try to pair your request with a reward. For example, “Susie, if you put all your toys away, then I will read 3 books instead of one.” Or, depending on the situation, you may say, “Ian, if you don’t eat your carrots, then you will not be able to play after dinner.” This is powerful when you know what motivates them. Keep at it until you strike a balance.

Sure there are other ways to get your child to do what you want them to do. The goal is to teach your child that they can control their circumstances.

TIPS

Try to refrain from getting angry or upset with their choice and just allow them just feel the benefit or consequences of their decision.

Reflection: Ask your child if they feel they made a good choice made and why.

THURSDAY

Child’s belief about self...

I am equipped

Family supports development of...

Skillset

Focus areas

- Behavioral

LEVEL

1

GOAL

Help your child to understand that choice is power, so they make important decisions knowing they can (to a degree) control their life circumstances and outcomes.