

## Strategies for More Compliance and Less Tantrums

1. Clear and consistent rules - ***What do I want my child to do?***
  - a. Clearly state your expectations.  
Ex: If your rule is that your child has to eat at least 10 bites of dinner in order to have an after dinner treat, state that to her before dinner.
  - b. Keep your expectation the same day to day.
  
2. Be reasonable - ***What can my child successfully do right now?***
  - a. If your child has never eaten 10 bites of dinner, that is not a place start. She won't be successful and you both will be frustrated.
  - b. Create small, easy to complete steps.  
Ex: Instead of saying "clean up your toys", say "pick up your car, put it in the bin, hand me your doll" etc.
  - c. Ask her to complete 3 simple tasks that she is highly likely to complete, then ask her to do the difficult task.  
Ex: If your child struggles with adding: "Touch the number 2, write the number 5, count to 10, what is 2+3?"
  
3. Investigate for a Reason- ***Why is my child engaging in this behavior?***
  - a. Is she trying to escape or avoid an activity?
  - b. Is she trying to gain access to an item or activity?
  - c. Is she trying to get your attention?

Once you know why, then you can teach her more appropriate behaviors in order to get what she wants (such as asking for it). You can also make sure that she does not get that thing when she engages in problem behaviors.
  
4. Make a plan - ***What will I do if she doesn't listen? What will I do if she does listen?***
  - a. Have this figured out BEFORE you give an instruction.
  - b. Have very different responses planned for if she follows through VS. if she does not.  
Ex: If she picks up her toys, I will praise her and swing her in circles (which she loves!).  
If she does not pick up her toys, I will pick them up and put them away for one day.
  - c. If you can't follow through - don't pick that battle - don't give the instruction/give it later.
  
5. Figure out what will work - ***What is most valuable to my child?***
  - a. This may take a lot of trial and error and may change frequently.
  - b. If you do step 4 and it doesn't work, than what you are using to motivate your child is not valuable enough.
  - c. Look at the "why" (see #3) for good motivators.  
Ex: If your child is yelling to escape homework, allow them a 5 min break from homework after completing a few problems. Continue this pattern until it is all complete.



### **Strategies for More Compliance and Less Tantrums**

6. Don't rely on words - *Did I say this already?*
  - a. The more you talk, the more you are likely to get into a power struggle.
  - b. You don't have to repeat yourself over and over- it's exhausting!
  - c. Yelling may work as a short term fix in the moment, but is not a long-term solution.

**\*\*BONUS:** Set aside 5-15 minutes each day to play/engage with your child. They choose the activity, you follow their lead. No questions, no instructions, no judgement. Simply talk, play, and enjoy each other's company. You will be amazed at how much this simple routine can help!