USING COMMANDS TO BUILD COOPERATION

WHAT ARE LIMITS AND BOUNDARIES IMPORTANT?

➢ Research tells us that having limits and boundaries guides behaviour and provides an emotional environment that supports child development.

➢ If limits are clear, predictable and consistent, this will help children to feel secure. Additionally, appropriate limits improve a child's social and academic behaviours.

➢ Compliance has been found to be hugely important in reducing difficult behaviours.

WHAT MAKES COMMANDS EFFECTIVE?

1. Using positive do commands

2. Giving only one command at a time

3. Keeping commands clear and brief

5. Offer choices where possible

6. Give warnings and reminders

7. Avoid question commands

8. Time to comply - Wait for response (5 seconds rule)

9. Be polite

10. Use distractions and redirections

11. If child complies, follow with praise "well done for tidying your toys when I asked"

11. If child doesn't comply, ensure appropriate consequence – "you didn't put your toys away, so you can't have your treat"

WHICH COMMAND IS MORE EFFECTIVE?

a) **Stop running** b) **Walk slowly**	.... What makes it effective?
a) **Shall we tidy up?** b) **Time to tidy up**	.... What makes it effective?
a) **Keep your pen on the paper** b) **Careful!**	.... What makes it effective?
a) **Please share your toy with Jack** b) **Play nicely**	.... What makes it effective?
a) **Let's stop jumping shall we** b) **Feet on the floor**	.... What makes it effective?

WHAT COMMANDS WILL YOU USE?

Choose the behaviours that you would like to use commands for. What words can you use?

Behaviour *e.g. walking by your side, tidying toys, talking quietly*	**Command**