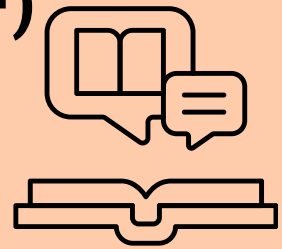


KEEPING IT REAL WITH COMMANDS & AVOIDING COERCION

GETTING PEOPLE TO LISTEN THE FIRST TIME

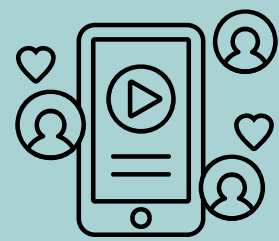
1. KEEP IT POSITIVE (+)

Say what you want them to do instead of telling them what not to do. Positive statements add information about what the person should do clearly and simply.



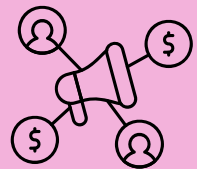
2. KEEP IT SIMPLE

Commands should be simple observable tasks. Explain reasons for the command before giving the command or after command has been obeyed. Do this in as few words as possible so the person stays on task.



3. BE DIRECT

Make statements not suggestions and avoid giving more than two options. Your command should have a period at the end rather than a question mark.



4. REMEMBER THEIR AGE

Commands should be developmentally appropriate. Think of a kid sized plate with compartments, a salad plate, or small portions. Kids and teens may struggle with digesting adult sized portions of information.



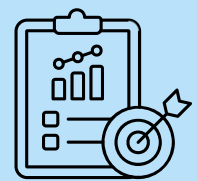
5. WAIT! DON'T TALK

After you give the command, give them a chance to follow through. No more words, no more directions, no more prompts. Be quiet and give them the chance to get started ((10 seconds at least)



6. PRAISE THE BEHAVIOR

Let them know you appreciate them following directions and completing the requested behavior. Praise quickly, genuinely, specifically, and frequently. Praise grows positive behaviors.



7. REDIRECT

It's okay if this doesn't work the first time. You can try again and they can too! Redirect with an option to make a choice: to do the behavior and engage in desired activity afterwards, or not engage in the behavior and lose opportunity for preferred activity.



8. PRAISE YOURSELF

You stayed calm, managed your own moods and emotions, tried something new, and you did your best. Keep going. You've got this.

