

Connected Families: Giving Instructions

Effective instructions are a key ingredient to healthy interactions with your child. Effective instructions are specific and simple. When giving instructions to your child, ask yourself:

1. Is there only one way for the child to interpret the instruction?
2. Does it state exactly what you'd like the child to do?

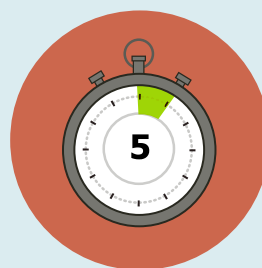
Important Steps for Giving Effective Instructions



Close and calm with eye contact



Simple and specific



Wait 5 seconds to allow time for your child to comply



Give verbal praise when your child complies

EXAMPLE:

“Please pick up your blocks and put them in the toy bin.”

Things to Avoid:



Too many instructions given at one time



Vague instructions that have multiple meanings



Instructions phrased as questions



“Let’s” statements that imply the adult will help



Instructions followed by a reason

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Tips for Giving Effective instructions

Time of Day	Pick a time of day that you would like to make more efficient.
Use Firm, Calm Voice	Use a firm and calm tone of voice and try not to sound angry at your child.
Keep it Positive	Use “do” instructions instead of “don’t” instructions.
Practice	Set aside 5-10 minutes a day to practice.



Try these steps and tips to make for a calmer home! You might also find it helpful to revisit *Using Special Time Together* and *Using Praise and Rewards with Your Child* from the *Connected Families* video series.

