

## SCRIPT for giving clear and specific instructions

**Identify the Desired Behavior** (what do you want to see or hear):

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**Make a clear request:** *Please* \_\_\_\_\_.  
*Thank you.* *Use words from the Desired Behavior*

**Clarify expectations (what you want to see /hear):** *That means*

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**Repeat a 2<sup>nd</sup> time if necessary:** *I asked you to*  
\_\_\_\_\_. *Did you understand the instructions?*

**If a THIRD time is necessary:** *I can see that you aren't following instructions. You have earned a consequence. I still need you to*

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### Questions to ask myself:

Am I setting a good example for this behavior? If not, is there a good reason why not? Does the child know this?

Is anything bothering my child? For example, is s/he hungry? Tired or sleepy? In the middle of a game? Bored? Angry at someone? Or...?

If they don't follow instructions, can I ignore it?

Can I give him/her a choice? They could choose *when* to do it, *how* to do it, *where* to put it, etc.