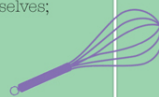


MY FAVOURITE RECIPE

for getting cooperation from my kids

Ingredients

- **A pinch of slow** Avoid rushing; allow longer to get things done; time how long it takes to leave the house + add 5 minutes
- **A splash of order** Set things up so they can help, e.g., keep shoes in the same place, low hooks for their bag and coat
- **A generous helping of independence** Involve them; teach them skills to dress themselves; invite them to fetch things



Preparation

- **Timing** Avoid interrupting them when they are busy; wait until they have finished their activity or let them know they have 5 minutes to finish
- **Instructions** Better to show them, go over to them, place a hand on their shoulder + eye contact can be useful
- **Allow to rest** stop repeating myself; count to 10 in my head to give them time to process my request



Mix it up



Use a nice mix of the following:

1. **Give a choice** "Would you like to put on your coat or shoes first?"
2. **Get them to think** "What do we need to do before we leave?" OR "Where are your shoes kept?"
3. **Describe the problem (without judgement) and let them work out the rest** "I see you have bare feet and we are about to go outside"; "The milk spilled on the table"
4. **Use one word instead of a long explanation** "Shoes" (if they are to put on their shoes); "Plate" (if they have forgotten to take their plate to the kitchen)
5. **Whisper** "This is a surprising way to get their attention"
6. **Write a note** "Please don't forget me!" (taped to a pair of shoes) (even if they can't read, they are sure to ask what it says)
7. **Use a clock or timer to beat + we work together to beat the clock** "Let's see if we can get ready before the big hand gets to the 12/before the beeper goes off"

Cooking time

when things heat up



- **Remember, the adult is in charge**
- **Remain calm**
- **Take action with love** This may mean putting on their jacket, picking them up to leave, whatever it is so they know I mean what I say
- **If they become upset** Give them a cuddle, name their feelings. "You really wish you could stay at home" OR "You really wish you didn't have to put your coat on." But, as hard as it is, keep moving forward...

Enjoy

- **Keep the decoration simple** Simply describe - when there is success, show my appreciation for their cooperation by describing what they have done.

"I see two kids who are ready to go out and play in the park. You have your shoes on, your coat done up, and your mittens and hat will keep you warm. I like how you got yourself ready while I packed the bag."

