

## Scale Expectations

Reduce the workload slightly to make it appear easier or more attainable.

## Positive Reinforcement

Reward the behaviors you want to see happening more often.

## Accept Approximations

Recognize any attempt to engage in the desired behavior.

## Visual Supports

Display the information in a concrete format using pictures or words.

## Behavioral Momentum

Present and reward a few easy tasks before introducing a difficult demand.

## Compromise

Develop a plan that encourages everyone to meet in the middle.

## Controlled Choices

Allow the child to take part in the decision-making process by offering a limited menu of choices.

## Offer to Help

Divide the task and assign each person a role or job.

## Reframe the Request

Put a positive or creative spin on the original demand.



12 Ways to Avoid or Defuse a Power Struggle

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## Remain Neutral

Use a calm voice and phrase your request as a statement.

## Disengage

Pause the discussion and let your child know that you will revisit the topic at a later date.

## First/Then Language

Provide access to reinforcement following a less-preferred activity.