

Scale Expectations

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

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.

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.

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.

Reframe the Request

Put a positive or creative spin on the original demand.

Offer to Help

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

12 Ways to Avoid or Defuse a Power Struggle

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