

HOW TO GET KIDS TO LISTEN WITHOUT THROWING FITS

SAY THIS

I SEE YOU ARE HAVING TROUBLE GETTING YOUR WORDS OUT.

LET'S TAKE A MINUTE...

WE CAN SOLVE THIS PROBLEM TOGETHER.

LET'S MAKE A PLAN TOGETHER.

LET'S TRY TAKING BABY STEPS.

LET'S LOOK AT TODAY'S SCHEDULE...

FIRST... THEN...

NOT THAT

QUIT WHINING!

HURRY UP!!

YOU KNOW BETTER!
YOU KNOW HOW TO DO THIS!

I TOLD YOU 15 TIMES TO...

THIS SHOULDN'T TAKE TWO HOURS FOR YOU TO DO!

YOU KNOW WHAT TO DO!

YOU AREN'T PLAYING YOUR IPAD IF YOU DON'T....

HOW TO GET KIDS TO LEARN & DO SCHOOLWORK WITHOUT A FIGHT

BE SURE SENSORY NEEDS ARE MET



BUILD YOUR LEARNING TOOLKIT



Having a grab bag of tools available for your child before, during, and after school work can ease overwhelm. Offer them options to aid in focus, calming, or energizing.

Movement breaks and calm down activities help your child receive the input they need and find their "just right" energy level before they begin their school work.

BUILD IN REGULAR ROUTINES



Make a plan ahead of time with your child that is simple enough to do in the moment. Let them have a say in the plan, so that they can feel empowered and independent.

CHUNK ASSIGNMENTS INTO SMALLER STEPS

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LOOK FOR THE WHY BEHIND YOUR CHILD'S REFUSAL



If your child is angry, delaying the inevitable, or downright refusing homework, look for the reason hiding behind their behavior to help find a solution.

Reduce overwhelm and work refusal by breaking down assignments into bite-size tasks. This will give kids a sense of ownership and control.

SET UP A SPECIAL LEARNING PLACE FOR YOUR CHILD'S WORK



USE REGULAR HUDDLES TO PLAN WITH YOUR CHILD



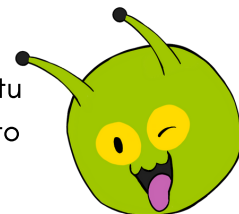
Regular huddles with your child will give them input throughout their day, provide details on where they are stuck, and let you work out solutions together.

Learning doesn't just have to happen with a desk and a chair. Your child may work better in an alternative space like outdoors, a spot in the kitchen, or even the floor to do their schoolwork.

HOW TO GET KIDS TO FOLLOW SIMPLE DIRECTIONS

ADD IN SILLY TIME BEFORE CHORES AND "HAVE-TO'S"

Sometimes just a few minutes of silly singing, jumping on the trampoline, or an impromptu dance party in the living room is all it takes to help calm the crazies so they can get back to business and focus on the task.



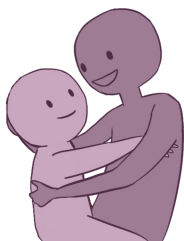
ESTABLISH ROUTINES THAT EVERYONE KNOWS AHEAD OF TIME

When everyone knows the plan and has a part in creating it, it is so much easier to get things done. After a little practice this will become just a regular part of your day!



MAKE IT VISUAL

Visual schedules help our kids feel like they are capable of doing what they need to do with just a simple reminder. Remember to post it up on their level so they can access it easily.



BUILD IN CONNECTION TIME THROUGHOUT THE DAY

It's important for your child to feel connected before starting a new task. You can foster this connection by weaving in family hugs, playtime, or watching a show together throughout the day.

KEEP IT SIMPLE

The fewest steps required in the morning the better. Keep your routines and expectations basic to ensure a smooth start to your day.

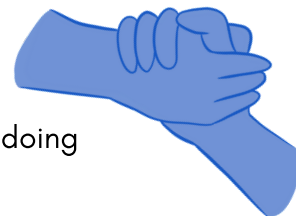


BREAK IT DOWN

Take a large task such as 'clean your room' and chunk it into smaller steps. This will give your child an easy, 'no-fail' place to start and will boost their confidence to tackle the rest of the task.

PRACTICE RUNS

Practice runs are super-effective at showing your child they can be successful doing something while they still have the safety of your support as they learn.



INVOLVE THE KIDS

Have your kids be part of the plans and the process for finding solutions to struggles. This gives them a sense of buy-in and increases the chances they will follow through with plans and tasks.

