

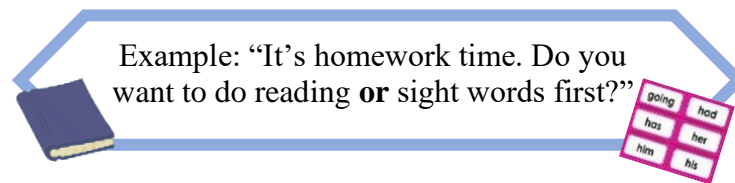
How to Give Instructions – Short, Do, and Follow Through

When giving your child an instruction:

- Start by giving your child some positive attention or getting them to look at you; you can get on your child’s level, touch their shoulder, and tell them what they’re doing well at that moment. You may need to block them from playing with toys or watching the TV.
- Use short instructions
- Only give one instruction at a time
- Tell your child what to do instead of saying “Stop that” or “Don’t do that” (this will help teach your child the right thing to do next time)
- Follow through on your instruction remembering to praise!

Tip: Use the phrase “Short, Do, and Follow Through” to help you remember.

When possible, use **choices** in your instructions.



You can also use **first** → **then** statements when giving your child something to do.

Example: “**First** take out the trash, **then** you can watch TV.”

A good instruction:

You want Jimmy to stop playing.
“Jimmy, put your toys in the box.”

He does it!

He doesn't.

How to follow through: Three-Step Prompting

Great job, Jimmy!

Say, “like this” and show him how using one or two toys.

If he still doesn't do what you showed him, take Jimmy's hand in yours and do it with him.