

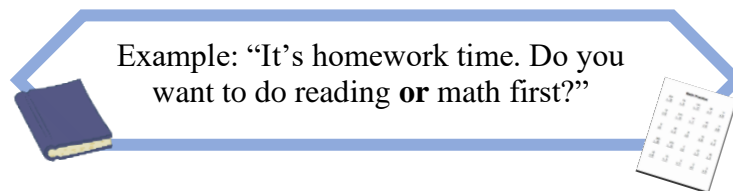
How to Give Instructions – Short, Do, and Follow Through

When giving your child an instruction:

- Start by giving your child some positive attention; you can call their name, move closer to them, and tell them what they're doing well at that moment. You may need to block them from playing a game or watching the TV.
- Break bigger tasks into small parts
- Use short instructions
- Tell your child what to do instead of saying “Stop that” or “Don't do that”
- Follow through on your instruction remembering to give specific praise about the instruction just completed.

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 call your friend.”

How to follow through:

A good instruction:

You want Jimmy to put away his laundry. “Jimmy, put your clothes in the closet.”

He does it!

Great job, Jimmy!

He doesn't.

Do not give him any items/activities that he wants. Neutrally block him from leaving his room.

Minimize attention and calmly repeat the instruction one time per minute.