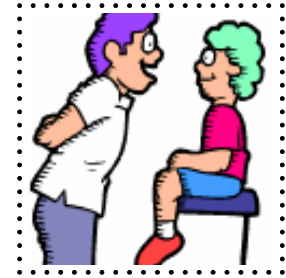


Giving Clear Instructions

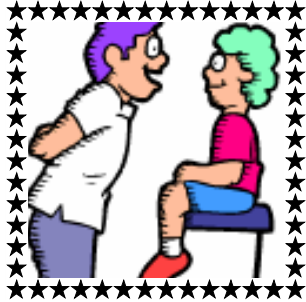
- ◇ Make eye contact.
- ◇ Use a loud firm voice.
- ◇ Be clear about what you would like the child to do.
- ◇ State an instruction (command) as such, not as a request or question.
- ◇ Only give one command at a time.
- ◇ Always praise and/or reward the child as soon as the instruction is followed.
- ◇ Administer an appropriate consequence if the child is noncompliant; then repeat the instruction.



*Resource: Kolko, D. & Cupit Swenson, C.
Harborview Center for Sexual Assault and
Traumatic Stress 03*

Giving Clear Instructions

Parent/Caregiver Worksheet



Example Scenario:

Your child has been playing with trucks and now dumps over a container of blocks all over the floor, creating a huge mess.

- State an instruction (command): “John, we pick-up our toys when we are done playing with them. Pick up your trucks before playing with your blocks.”

* Always praise and/or reward the child as soon as the instruction is followed: “John, great job picking up the trucks so quickly.”

*Administer an appropriate consequence if the child is noncompliant; then repeat the instruction: “John, since you did not follow my instructions, it’s time for a time-out. (after time-out) John, pick-up your trucks before returning to your trucks.”

Now, try it for yourself.

1. *Pick a situation where you would need to give your child clear instructions:*
2. *State an instruction (command):*
3. *Praise and/or reward the child as soon as instruction is followed:*
4. *Administer an appropriate consequence if the child is noncompliant; then repeat the instruction:*

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