

“If-Then” Statements

Essentially, it involves requiring children to do something they would rather avoid as a condition for doing something they like. For example, you can insist that your child put on a jacket before going outside or that homework be completed before turning on the TV. The key to IF-THEN Statements is that the privilege held back is something the child wants and was planning to do.

DIRECTIONS

1. Think about the common problems you have with your youngster where IF-THEN Statements might work. List them in the column labeled *Do this first*. Next, think of activities that your child looks forward to that can be withheld until the required chore or activity is done. List those in the column labeled *before you get to do this*.

Do this first:	Before you get to do this:

2. IF-THEN Statements work best when you speak to your child in a friendly, positive, and enthusiastic way. Note the following examples:

Right way:

“Let’s get those blocks picked up so we can read this story.”

“Billy, your friends are outside. You can go out just as soon as you straighten up your room.”

Wrong way:

“If you don’t pick up those blocks, I won’t read you this story.”

“Billy, you can’t go out until you straighten up your room.”

If your child tries to go ahead with the desired activity without doing what you asked, call the youngster back and repeat what you said. If the child continues to ignore you, either use time-out or take away a privilege. List privileges you might take away here:
