

# **Behavior Coaching:**

## **Increase Cooperation and Compliance**

1. CHECK YOURSELF
2. CONNECT
3. MAKE THE REQUEST
4. VALIDATE
5. MAKE THE REQUEST  
(set a limit if necessary)

## **Behavior Coaching: Increase Cooperation and Compliance**

### **Step 1: Check yourself**

- Are you calm? Is your expectation reasonable?

### **Step 2: Connect**

- Connect with your child.
  - Oh wow –look at the drawing! / What’s happening in the show?
- Do this for at least 2 minutes – it will be a great investment.

### **Step 3: Make the request**

- Deliver the command – Please do X. Rather than: can you do this?
- Pay attention to your tone of voice and posture. The way you ask can evoke different responses from your child. Aim to sound confident and have a strong stance - straight back and feet planted, but not overly forceful or impatient
- Be as concise as possible; resist giving a list of reasons why you need them to do this (you may do this if you have anxiety about asking)

### **Step 4: Validate**

- Be prepared for pushback - this is the content that you want to validate

### **Step 5: Make the request a second time + set a limit if it’s not followed through**

**Practice example:** Your loved one won’t stop texting at the family dinner table.

- 1) Check yourself (are you calm? is your request reasonable?)
- 2) Connect (inquire sincerely about their friend)
- 3) Make the request (“I need you to put your phone away until dinner is over”)
- 4) Validate (“I know – it doesn’t seem fair and you might be worried about your friend. I get it.”)
- 5) Make the request again (“Please put your phone away. You can connect with your friend after dinner.”) If your child doesn’t comply – then set a limit / consequence.