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.
  o 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.