

Important considerations:

- Make sure the demand is something the child can follow through on. If it is too hard for them, this may create frustration (e.g., if they are melting down and crying on the floor, asking them to explain what happened/why they are crying is not likely a good idea because they are unable to answer in a logical way. They may not be able to identify “why” at that point and you are likely unable to follow through.)
- Accept approximations. You may have to accept behaviour that is close to what you asked for. In the above example, if the child was resistant to cleaning up all the Lego by themselves, you could say, “How about you pick up twenty pieces and I’ll clean the rest.” Ideally, you want to build up to the child completing the request by themselves.



Supporting Positive Behaviour at Home

September 2024

Follow Through

- Follow through means that when you set a limit or ask your child to do something, you follow through with your request by ensuring it happens. For example,
- You tell your child to turn off the TV at the end of their episode. Once the episode is over, you remind your child to turn off the TV. Your child still doesn't listen, and you walk over and turn the TV off, saying “It looks like you're having a hard time turning the TV off. I'll help.”
- Follow through is important because if you follow through with what you ask of your child, they are more likely to listen to future requests.

Tips on following through:

Be Kind - Validate your child's wishes; this doesn't mean giving in, but rather letting your child know you've heard them

Be Clear - Offer a brief explanation so your child can understand your reasons

Be Respectful - Accept the frustration, tears and disappointment that may follow

“Two things can be true. 1) You're angry there's no more TV and I get it, you wanted to finish the season, and 2) you have also watched too much TV for today.”