KEY METHODS TO GAIN AND MAINTAIN COOPERATION

I. SCHEDULE:
   1. Structure is key! In these times, structure is the hardest thing to maintain, but it is one of the most important. Even if NOTHING is happening that day, create a daily schedule. Post it on the fridge or put it on a white board.
   2. Allow your child to have input in the schedule. Let him/her put some things in order of preference. But you are in charge of the schedule.
   3. Direct your child to help with all routines. Increase cooperation by building tasks around daily routines, such as meals. Your child should help set the table, prepare meals as appropriate, clear the table and participate in clean up. Your child can wipe a table, and possibly load and unload the dishwasher. Your child can sort silverware.

Sample:
Wake up
Make bed
Wash up
Dress
Help with breakfast preparation: set table; pour milk/ juice/ cereal; butter toast, etc.
Online School

Every ½ hour, provide a movement break for ½ hour: dance to music, jump on trampoline, jump rope, play in the yard
Online School
Next ½ hour do a chore: vacuum, swiffer, clean basins, do laundry, dust, put away toys, clean counter tops.
Online School
Break
Dinner Prep
Eat Dinner
Clean up after dinner
Leisure: play board games, hide and seek, hide a toy (hot and cold to find the toy), charades (act out fairy tales, animals, movie titles), build with legos/blocks; coloring, checkers, chess, guessing games, etc.

Bath/Get ready for Bed
Stories/Reading
Bedtime

II. BEHAVIOR:
1. ALWAYS GIVE A TASK OR DIRECTION BEFORE ALLOWING FUN
2. ALWAYS EXPECT YOUR CHILD TO ASK FOR THINGS POLITELY
3. DO NOT GIVE IN TO TANTRUMS, WHINING, OR DEMANDING
4. TELL YOUR CHILD THAT YOU WILL WAIT UNTIL HE/SHE IS POLITE BEFORE YOU CAN LISTEN
5. CONTROL THE RESOURCES: this means that you control access to toys/ outside play/ screens.

- Create a family motto, such as: Everything to Help and Nothing to Hinder (Hurt) or Be Kind.
- Jointly with your child come up with a few rules to follow---but state these as Values: such as, Be Respectful (use nice words, follow parent directions, be a helper), Clean up my materials, Do my work
- As your child follows the schedule, showing the Values (as above), give a token of some kind (star, happy face, check mark, bead, cotton ball--any way of marking success).
- Give a token at the end of each scheduled activity, such as online school tasks, chores, meals, playing nicely.
- Set a magic number of tokens needed for special privileges. These can be screen time minutes (1 token for 5 minutes), or any special activity your child wants but would not be a part of the regular schedule.
- When your child is following the Values, remind him/her of the family motto, “When you cleared your bowl, that’s helping!” “When you
finished all your school tasks, that's helping!” “When you played nicely with your little sister, that's being kind”, etc.

- When your child is not following the Values, remind him/her of the family motto, “When you called your sister a name, that is ‘hindering/not kind”.
- Use Momentum to increase compliance. This means you get your child started doing easy, fun tasks and slip in the less preferred once he/she is on a roll.

III. MISBEHAVIOR:

- Avoid yelling when your child is not behaving.
- Block access to toys/screens/treats until your child stops the misbehavior and follows your direction.
- If your child has made a mess, do not clean it up but wait until your child is calm before directing him/her to clean up. Help your child to clean up but do not do it for him/her.
- Time outs can be effective for disruptive, aggressive, or disrespectful behavior. Follow these guidelines:
  1. First expect your child to sit away (chair, step, or spot on the floor).
  2. As soon as your child sits quietly set the timer for 2-5 minutes.
  3. If your child leaves the place or yells loudly, reset the timer.
  4. Long time outs are NOT effective; short but compliant time outs are effective.
  5. Always make sure YOU release your child from time-out. “Time out is over”.
  6. Always give one small direction after time-out to ensure that your child is ready to listen. For example, throw something in the garbage, put a pillow back on the couch, pick up an item on the floor and put on a shelf, put away a toy, etc.
- If your child cannot take a time-out, wait for him/her to be calm and give a chore or two before he/she can access toys/screen/fun.