

Please Circle Days Filled Out: Mon Tue Wed Thur Fri Sat Sun

Giving Demands

Before attempting to change how you give demands to your child, please read three of my articles that will likely help you: Establish Realistic Behaviors for Behavior, Getting More Positive Behaviors, and Giving Demands. Each article gives potential tips and suggestions on how to develop and shape more cooperative behaviors from you child.

When you are ready, over the following week, please make attempts to give “fun” demands (e.g., “Play on the computer for 15 minutes in your room,” etc.) to your child. Make sure to specify clearly what it is you want them to do (e.g., do you want them to eat a snack at the table, in their room, or on the floor?). If your demand is vague, confusion and frustrating behaviors might occur for you or your child. Also make sure to practice other “authentic” one-step tasks (e.g., put your bowl in the sink, close the door, pick up pants, etc.). Whatever demand you give, though, make sure to reward your child if they complete the task reasonably well. Be creative with your rewards! You can give your child a smile, a hug, verbal praise, or occasional tangible items (e.g., money, snack, time with toy, etc.). If you are having trouble having your child follow through with routines (e.g., dressing, washing hands, brushing teeth, etc.), it will likely help if you break them down into steps (e.g., dressing could be: put your socks on, put your underwear on, put pants on, put your shirt, etc.). Any of these steps during the routine can be rewarded. Finally, make sure to change the type of reinforcement and to not always give them a reward for everything they do. Changing it up and spreading out the reinforcement will allow them to not get bored of the same reward and teach them that sometimes you do things without a reward.

Monday 1) _____ 2) _____ 3) _____

Did you label what he/she did right away? Y or N Did you reward him/her? Y or N

Tuesday 1) _____ 2) _____ 3) _____

Did you label what he/she did right away? Y or N Did you reward him/her? Y or N

Wednesday 1) _____ 2) _____ 3) _____

Did you label what he/she did right away? Y or N Did you reward him/her? Y or N

Thursday 1) _____ 2) _____ 3) _____

Did you label what he/she did right away? Y or N Did you reward him/her? Y or N

Friday 1) _____ 2) _____ 3) _____

Did you label what he/she did right away? Y or N Did you reward him/her? Y or N

Saturday 1) _____ 2) _____ 3) _____

Did you label what he/she did right away? Y or N Did you reward him/her? Y or N

Sunday 1) _____ 2) _____ 3) _____

Did you label what he/she did right away? Y or N Did you reward him/her? Y or N