

Tîm Camau Bach Tips to Encourage Cooperation



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- Important see your role as enabling your child to achieve a skill such as... getting dressed, doing homework etc.
- Recognise that you are seeing anger and noncompliance due to anxiety and an inability to turn the switch on to comply with your request/instruction.
- Re-phrase how you ask your child to do something so that he feels in control: e.g. “Do you know I can’t see how to do this?” Or “I wonder how I can get to the shop/school?” wherever it is you are going?
- Too many demands can make your child close down and not listen or be able to follow your instruction.
- Always try to keep yourself calm and be patient without a big reaction. Children love a reaction!!! Plenty of time needed!!!
- Be flexible, adaptable and creative when asking your child to do something.
- A direct command is not usually successful!!
- Ground/house rules are quite difficult to introduce: Try saying: “I am sorry, but the firemen say its health and safety to have your seat belt on” This way you are de personalising the rule.
- Try to make it fun using drama or role play. Children love an adventure! E.g. “I wonder if we could use superpowers like superman today” This can be used to get dressed quickly etc...

