

## Paying Attention to Your Child's Compliance

Although you first learned how to pay attention to your child's play during the special playtimes, you can now use these attending skills to provide approval to your child when he or she follows a command or request. When you give a command, give the child immediate feedback for how well he or she is doing. Don't just walk away, but stay and attend and comment positively.

1. As soon as you have given a command or request and your child begins to comply, praise the child for complying, using phrases such as the following:

"I like it when you do as I ask."

"It's nice when you do as I say."

"Thanks for doing what Mom/Dad asked."

"Look at how nicely [quickly, neatly, etc.] you are doing that . . . ."

"Good boy/girl for . . . ."

Or use any other statement that specifically says that you appreciate that the child is doing what you asked. You can also use some of the methods of approval provided in your handout for Step 2.

2. Once you have attended to your child's compliance, if you must, you can leave for a few moments, but be sure to return frequently to praise your child's compliance.
3. If you find your child has done a job or chore without being specifically told to do so, this is the time to provide especially positive praise to your child. You may even wish to provide your child with a small privilege for having done this, which will help your child remember and follow household rules without always being told to do so.
4. You should begin to use positive attention to your child for virtually every command you give him or her. In addition, this week you should choose two or three commands your child follows only inconsistently. You should make a special effort to praise and attend to your child whenever he or she begins to comply with these particular commands.

### SETTING UP COMPLIANCE TRAINING PERIODS

Also, it is very important during the next 1–2 weeks that you take a few minutes and specifically train compliance in your child. You can do this very easily. Select a time when your child is not very busy and ask him or her to do very brief favors for you, such as, "Hand me a Kleenex [spoon, towel, magazine, etc.]" or "Can you reach that \_\_\_\_\_ for me?" We call these "fetch" commands, and they should involve only a very brief and simple effort from your child. Give about five or six of these in a row during these few minutes. As your child follows each one, be sure to provide specific praise for your child's compliance, such as, "I like it when you listen to me," or "It is really nice when you do as I ask," or "Thanks for doing what I asked."

Try to have several of these compliance training periods each day. Because the requests are very simple, most children (even behavior problem children) will do them. This provides an excellent opportunity to catch your child "being good" and to praise his or her compliance.

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