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Getting to Cooperation

1. Use praise when your child is doing something you like or want repeated.
2. Be a model of the behavior you want from your child.
3. When promising a reward:  
    Tell your child when he/she does what you want, then they can have or do something they want.
4. Be very specific about what must be done and what the reward will be
5. If the child does not do what you want, don't give a reward.
6. Always follow through.
7. Demand that your child do what you want if it is essential. Use firm, clear statements.
8. Watch that your voice carries no hint of a question. If it isn't a question, don't phrase it as one.
9. Use demands as little as possible. Save them for the really important things. A rule of thumb is to use demands only when the behavior is required, and you can enforce it.