



How To Get A Child To Do The Program

When faced with the prospect of supervising a child in doing the program, many parents ask “How can I get him to do it if he doesn’t want to?”

Keeping in mind two basic principles will help considerably. The first is that if the child is personally invested in doing the program, it is much easier to see that he or she gets it done. The second is that it is important to remember who is the parent and who is the child.

Some suggestions follow:

- 1) Be consistent. If you offer a reward for doing the program and the child does it, then make sure to honor that promise, every time.
- 2) Do not offer choices to the child that you are not prepared to honor. If you ask “Would you do your program now?” You must be prepared for your child to say, “No, I won’t.” On the other hand, if you say, “I want you to do your program now,” and your child says “No, I won’t,” you can tell your child, “That is not a choice that you have.”
- 3) Establish consequences or benefits that are meaningful to your child. Determine what your child places value on, whether it is personal time with you, video games, T.V., food, or a bedtime story, and use this to motivate him or her. Some families offer this value item as a privilege (within reason) for doing the program. Other families find it more successful to take away the privilege when the child does not complete his program. (See item #1 - whatever you do, be consistent.)
- 4) Do not get into a power struggle with your child. The child will usually win. A power struggle might sound like “you will” “I won’t” “If you do, I’ll let you ...” etc. To avoid this situation, clearly tell your child what you expect. If he or she does not act on these expectations, execute appropriate consequences quickly, clearly, and definitively. In this way your child will learn that you mean what you say and that it is not up for debate.

Following these suggestions will eliminate the vast majority of problems that occur when supervising children in doing the program. This is not to suggest that it is easy to do. The more direct and consistent that you are, however, the easier it will get as time goes by.