



Coping with Resistance

- Be consistent- once you decide what behaviors need to be changed you must be consistent with the rules you have established. This will bring resistance, be prepared!
- Set a good example
- Children correct their behavior if they are losing privileges that are important to them, such as visiting with friends or losing phone time. Stay consistent till you see the behavior you desire.
- Do not bribe- telling your child they can have a cookie if they finish their broccoli only reinforces that broccoli is bad and cookies are good. Instead, offer them a choice of broccoli or carrots.
- Use the reward system- choose 1 or 2 behaviors you would like to change (such as less TV time and more outside play time). Choose a reward your child would enjoy (earning points toward a special toy or privilege, or a small amount of money). Explain the desired behavior and the reward the child will get. Request the behavior only one time. If your child obeys give them the reward. Your child is not punished if he chooses not to behave as you ask, he simply does not get the reward.
- Calmly handle defiant behavior by delivering consequences and do not spend too much time talking about your frustrations (being sick and tired or disappointed by their behavior). Such comments make you appear weak, the child may feel like they are winning, and it is counter productive.
- Compliment and praise the child when they do perform the desired behavior.
- After a situation in which your child was defiant is over discuss the issue with your child. Allow your child to express himself, but be firm with the rules you've implemented.
- Side step power struggles- first step to effectively and positively dealing with the power struggle is to side step it by not picking up the other end of the rope. When your child refuses to obey re-state the question in another format. For example, if a child tells the parent "no" when asked if they were ready to go outside for exercise the parent can re-state the question by asking "would you rather go for a walk or play basketball?" This way the parent is not giving in, but also not entering into a power-struggle.
- Know that you will lose some battles, but stay committed and consistent!