

Giving Commands

1919 University Avenue West, Suite 400, St. Paul, MN 55104 Tel. 651-645-2948 or 888-NAMIHELPS www.namihelps.org

Learning new ways of giving commands may help children who have attention problems, behavior problems and/or for substance use. With this practice both caregivers and children work with the therapist. These new commands can help stop the arguing between caregivers and children.

How does this practice work?

Meeting with a therapist you will learn new ways to give your child commands.

Here are some new ways to give commands:

1. Be simple and to the point.
2. Be direct with your statement.
3. Use statements not questions or favors.
4. Do not tell your child what you don't want them to do.
5. Use eye contact.
6. Be sure your child finishes one task before giving another.

Some examples of what to say and not to say when giving commands:

Say this



Not this

“Walk with those scissors.”

“Be careful.”

“Put your bike in the garage.”

“Your bike is still in the yard.”

“Turn the video game off.”

“Want to stop playing the video game now?”

These new commands will work the best when you give rewards for good behavior and follow through with your child on what will happen for bad behavior.