

HANDOUT 1F**Home Practice Worksheet: Tracking Effective Directions,
Child Cooperation, and Effective Praise**

Directions: First, identify a time of day the parent will track and write that in the box below. Each day, during that time of day the parent can use this form to track: 1) directions they give the child, 2) whether the child cooperated, 3) praise they gave the child for cooperating with the direction, 4) whether they followed all the Dos and Don'ts of effective directions, and 5) what got in the way of the child cooperating. If the child did not cooperate and the parent used effective directions, it may also be helpful for the parent to write down what was happening right before they gave the direction. This can help the parent understand what was happening that might have made it hard for the child to cooperate. For example, if a child is hungry or tired, it may be hard for them to listen and follow directions.

Time of Day Parent Will Do Tracking:

Giving Effective Directions: What to Do <ul style="list-style-type: none">➤ Be specific.➤ Only give one direction at a time.➤ Focus on what you want, not what you don't want.➤ Use a pleasant but firm tone.➤ Keep your facial expression neutral.➤ Make eye contact.➤ Be polite and respectful.➤ Follow through—see that child does what is asked.➤ Praise child cooperation every time.	Giving Effective Directions: What Not to Do <ul style="list-style-type: none">➤ Blaming, criticizing, or showing disapproval.➤ Asking a question: "Do you want to clean your room?"➤ Giving too many directions at once: "Clean your room, wash the dishes, and do your homework."➤ Bringing up side issues: "Your grades stink. Now clean your room."➤ Bringing up ancient history: "You've always been sloppy. Remember the time . . .?"➤ Yelling from a distance.	Effective Praise: What to Do <ul style="list-style-type: none">➤ Make it simple and specific: "Thank you for taking the trash out."➤ Keep it positive instead of following with criticism, such as "Thank you for finally taking the trash out like I asked you to do 100 times."➤ Say it immediately.➤ Be consistent—praise every time you see the behavior.
---	--	---

Date	Direction Parent Gave	Child Cooperated? (yes/no)	Praise Parent Gave (if child cooperated)	Dos of Effective Directions (Any you did not do? Remember to do them next time.)	What Got in the Way of Child Cooperating?;