



The language of cooperation

Here are 10 simple language techniques you can use to invite cooperation from kids. Try these techniques out to see what works for you.

- 1 **Describe the problem**
e.g. "The living room is messy."
- 2 **Describe the problem PLUS+**
e.g. "The living room needs to be cleaned up before dinner."
- 3 **State the rule or the practice**
e.g. "We clean one lot of toys away before getting another lot out."
- 4 **Describe what you feel**
e.g. "I don't like it when your toys are on the floor all day as I feel like everything is a mess."
- 5 **Put it in writing**
e.g. "Dear Jeremy, Please clean me up before dinner. I will feel much better if I can see some daylight. Regards, the carpet.
P.S. It helps sometimes to clean up one mess before starting another."
- 6 **Tell them what you will do**
e.g. "I will listen to you when you have calmed down."
- 7 **Choices**
e.g. "You can stay inside if you are quiet. If you want to be noisy you can go outside."
- 8 **The broken record**
Parent: "It's time to clean your teeth." Child: "But I don't want to." Parent: "It's time to clean your teeth." Child: "My teeth aren't dirty." Parent: "It's time to clean your teeth." *Note: It helps to look away as you repeat yourself. Lack of eye contact makes a huge difference.*
- 9 **When ... then**
e.g. "When you have done the chores then you can turn the TV on."
- 10 **The invitation**
e.g. "Can you help me out by clearing the table away after dinner?"

For more great ideas to get cooperation from kids visit www.parentingideas.com.au Our **Winning Kids' Cooperation Webinar** with Michael Grose will give you the tools and language to get more cooperation and better behaviour from even the most challenging kids.