

# The ACT Method

This method is great for getting your child to stop doing something. For example, "How can I get my child to stop jumping on the bed?"

There are three steps to the ACT Method:

1. Accept your child's feelings or wishes.

- It is ok for your child to want something. Let them know you understand how they feel but do not give in to what they want.

2. Communicate the rule.

- Tell your child the rules. Let them know that you understand how they feel, but you do not like how they act.
- Be calm when you speak to your child. Tell them the right way to act.

3. Target a positive choice.

- After you tell your child what they cannot do, give them another choice. Help them find another way to get their wish.
- Young children are easy to distract. They may stop what they are doing if there is something new to do. They like new things and are quick to move on.

"I know you like to bounce and jump, but beds are for sleeping, not jumping. You might fall off and get hurt. We can line up some pillows on the floor for you to jump on, like this!"