

The When- Then Rule

This rule helps you teach your child to do something they do not want to do. You tell your child that *when* they do what you want them to do, *then* they can do what they want to do.

When-Then Rule Tips:

1. Do not give a special reward for the choice.
~ if you give a special reward, such as toys, candy, or staying up late, your child will always expect it and this will cause problems later.
2. Always say, "When..., then..."
~for example, "when you take your bath, then I will read you a story."
3. Be firm and friendly when you use the rule.
~ if your voice is too hard or too soft, the rule will not work as well.
4. Look at your child when you talk to them.
~ making eye contact lets your child know you mean what you say.