

Behavioral Momentum:

Age: Any (though it is easier to use with young children)

Setting: Anytime you need/want your child's compliance

Purpose: To gain your child's compliance and get them to do what you have requested of them.

Instructions:

- 1) Build up momentum to what you really would like your child to do by tossing out easy to follow demands that they are likely to do first (ex. "clap your hands", "give me a high five", etc.).
 Ensure you are using age-appropriate language for the child you are working with.
- 2) Once your child has performed a few of these easy demands, and been praised for doing so, make your true demand. It is important to make sure your demand is stated, not asked and that clear language is used so your child understands what is being asked of them.