

Two Rules about Making Rules

1. Tell the child exactly what you want them to do instead of what not to do. This helps to *direct* and to *redirect* their behavior and activity. Your words become instructional. It's crystal clear exactly what behavior you want. Just remember to tell them *what to do* instead of *what not to do*.
2. Quote your rules to redirect behaviors. There is no need to lecture or discuss. By doing so, you are simultaneously *affirming* the appropriate, the desired behaviors and at the same time *squelching*, *extinguishing* and giving no energy or power to the unwanted behaviors. Quoting the rules becomes a reminder instead of a reprimand.

Make it happen. Make me do it.

In the area most likely to be with your child(ren), post the words,

- ✓ "To Do,"
- ✓ "~~Not~~"

Yes, draw a line through the word. These are your cues, prompts, and reminders to stay with the positivity plan. Now, be happy and be proud if you tell them what *to do* more often than you did yesterday... or last hour. Soon this reaction to inappropriate and unwanted behavior will become your pattern. You'll start to disconnect from the negative emotions and senseless negotiations caused by saying, "NO!" "NOT" and "NEVER."

Smile: This works on significant others and friends just as well.

You are now ready to learn about "Stupid Words" adults say to children. Sign up for our TMI newsletter at **TeacherTMI.com**