

Ideas to become the parents that “Mean what they say, and say what they mean” the FIRST time.

*Buy a simple kitchen timer.

Use this timer to encourage “follow through” on tasks/chores for both yourself and your child.

Examples:

*Set the timer for picking up toys. “Susie, I have set the timer for 15 minutes, you have this much time to put all of your toys away”. If child does not get the task done in allotted time, have a consequence that is age appropriate and then set the timer AGAIN for the child to complete the task. Ideas for consequences can be standing in corner for younger child or writing “I will pick up my toys in a timely matter” 100 times for older children.

*Bedtime routine. Give clear instructions of what is expected to be accomplished during bedtime routine. Teeth brushed, shower, pajamas, clothes laid out for next day, book bag and coat by back door, are just a few examples. Set the timer for a reasonable amount of time for these tasks to get accomplished. If they are not done when the timer “goes off” the child will have to start “bedtime routine” 15 minutes EARLIER the next night. If the next night they do not complete the tasks on time move up the time another 15 minutes. This means on the

second night they are going to bed ½ hour earlier than two nights ago. This WILL motivate them!

*Morning routine. Give clear instructions and expectations to be accomplished during morning routine. Bed made, teeth brushed, shower, dressed, dog fed, breakfast are just a few examples. Set the timer for a reasonable amount of time for the tasks to be accomplished. If child has not completed chores when timer “goes off” take away a privilege for that day (video games, TV, DVD, phone). Make the consequences harsh enough to get your child’s attention! Even a preschooler can have set expectations in the morning and evening.

The kitchen timer can be used for any chores/tasks for preschooler to teenager. Make the request to your child ONCE, set the timer, and do not mention it again until the timer sounds. If the child completed the task on time, praise him/her, if not follow through on consequences in a calm but firm manner.

Say what you mean and mean what you say EVERY TIME.