

Noah's Inclusion Services

EFFECTIVE INSTRUCTIONS

What?	How?	
<p>Effective Instructions</p>	<ul style="list-style-type: none"> • Only instruct if you can follow through. • Get your child's attention first. • Be Direct: <ul style="list-style-type: none"> ○ Tell them what it is you want them to do (If jumping on the lounge "[Name], Put your bottom on the lounge/ Put your feet on the floor") ○ Make it Short & Simple ("[Name], put the toys in the box") ○ Make it constructive, clearly tell the child what you want them to do • One at a time • Explain beforehand, then stop talking after the instruction. The last thing your child should hear is what you want him or her to do ("We're going out, so put the toys in the box.") • Give your child time to comply (count to 30 slowly under your breath before saying anything more) • Make sure you don't end up nagging – no more than 2 repeats, then decide how to follow through 	<p>The illustration shows a man in a blue suit pointing towards a child in a yellow shirt. Below this, there are two speech bubbles: one green with three dots and one yellow with a question mark. Next to the yellow bubble is a simple face with a question mark for a mouth. At the bottom is a yellow stopwatch.</p>
<p>Ineffective Instructions</p>	<ul style="list-style-type: none"> • Chain Instructions: ("Do this, then this, then this", etc.) By the time you get to the last one, your child will have forgotten the first. • Vague Instructions: ("Behave yourself") Your child may not know what you want. • Question Instructions: ("Would you like to pick up your toys now?") Your child may think he or she has the option of saying, "No". • "Lets...Instructions: ("Let's pick up the toys now") Your child may think "O.K, you pick up the first one." • Instruction then explanation/instruction then talk: In both these cases, your child may get confused. You are giving two contradictory instructions – the spoken instruction, and the unspoken, "Stay here and listen to me." Your child may also forget the instruction by the time you have finished explaining. 	<p>The illustration shows a boy with a confused expression and a thought bubble containing question marks. Below him, a woman in a blue shirt is talking to a child in a pink shirt who also looks confused. At the bottom is a yellow emoji with a hand on its chin, representing a thinking or confused state.</p>