



FUEL CONNECTION:

ADJUST DEMANDS

Demands are what caregivers tell children to do, often using too many words. Conflict arises when the demand or expectation placed on the child is greater than what the child is developmentally able to do. Fuel connection by adjusting your demands in the following ways:



Give Warnings

Give enough warning that a change will happen. Use a timer, visual schedule or first/then board to help structure, plan and carry out daily routines.



One Step Instructions

Support working memory with one step instructions and proximity support. Be close by and gently remind.



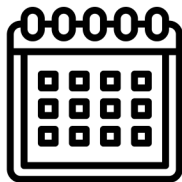
Tell them what to do

Avoid reprimanding a child of things they shouldn't do, because then they will want to do them more. Instead, tell them what to do.



Reduce Waiting

Long waits are stressful for children. Reduce waiting by being organized and giving plenty of time to complete an expectation, like getting dressed.



Clear and Consistent Routine

When routines are clear, consistent and predictable, children gain a sense of control over their day. They know what will happen and when.



Eliminate Demands

When a child completely loses all control, eliminate demands. Help the child gain control by co-regulating with them. Repairing relationship is critical to build secure attachment.