

Changing Behavior

Reductive Techniques:



- 1) Get up close – Not giving a directive from another room in the house.
- 2) Use a Quiet Voice – a quiet request made up close is much more capturing.
- 3) Look him/her in the eyes - First, "Look at me in the eyes." then make the request.
- 4) Do not use a question format – "Isn't it time for you to go to bed?" Rather, "It is time for you to go to bed."
- 5) Give him/her time – Given 5 to 10 seconds after a request is made...Do not restate the request unnecessarily or make an entirely new request before he/she had a chance to comply with the first request.