

Provide them with a choice

"You can do (this option) that requires you to stop this behavior and you benefit from making this correct choice OR you have (this option) to continue the bad behavior and this consequence will follow"

1. Choice

2. Help

Invite them to help

"I would really appreciate your help on this. The things I need help are to cut the ribbon, wrap it around the box, and put it in the car. Would you like to help Mama with any of those steps? Or can you think of anything else I'm forgetting?"

Bribing Alternatives



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4. Consequence

Natural Consequences

"Since you didn't get into the car when I asked you, we are now late. Since we are late, we can no longer stop to get a donut."

3. Acknowledge

Acknowledging their perspective

"I know this isn't your favorite. I'm sure this makes you feel frustrated that you have to do this. I'll be here with you though, and if you want to talk about it I'm ready to listen."