



**What To Do When Your Child
Doesn't Do What You Say**

Child Care/Health Promotion

Si usted desea esta información en español,
por favor pidasela a su enfermero o doctor.

#82

Name of Child: _____ Date: _____

What To Do When Your Child Doesn't Do What You Say

Your child may not always do what you say. You can use a sit-out to help your child obey. In a sit-out, your child just sits, away from play and people. A sit-out gives your child a chance to stop and think about feelings, behaviors and choices.

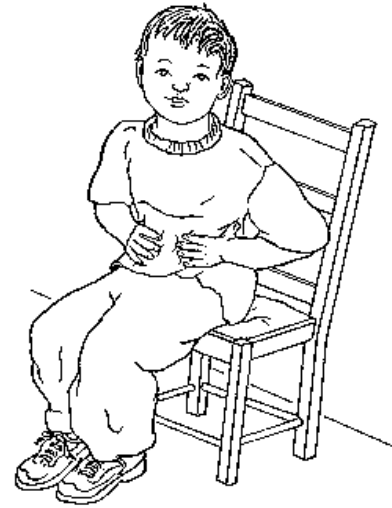
1. Each time you tell your child what to do, your child has a choice of doing what you say, or going into sit-out.
2. If the child does not do what you say, count to three (1 . . . 2 . . . 3) in a calm but firm voice.
3. If your child does not do what you say by the time you reach "3," tell your child he or she has chosen to sit-out.

— Start the sit-out right away.

— The sit-out place or square should be in one spot in the house.
It should be away from busy areas and other people.
It should be away from toys or TV.

— You should be able to see your child in the sit-out place or square.

- If your child does not go to the sit-out place or square, direct your child to the spot. If you have to, put your child there.
- If your child screams, argues or swears while in the sit-out, do not pay attention. Do not look at your child.
Tell your child calmly that, “Time starts when you are quiet.”
- After your child sits quietly for minutes, praise your child for sitting quietly.
- Use a timer. Keep the timer in your child’s view.
 - One minute for every year of age.
 - Two minutes for every year of age if the child was doing something very unsafe.
- When the timer rings, ask your child why he or she is in the sit-out.
If your child is ready to do what you say, the sit-out can end.



After your child sits quietly for minutes, praise your child for sitting quietly.

4. After the sit-out, notice the next time your child is being good. Tell your child what you liked about the good behavior. Give your child a hug.

Other tips:

Now that you’ve read this:

- Tell your child’s nurse or doctor what you will do when your child doesn’t do what you say. (Check when done.)
- Ask your nurse or doctor for the handout : How To Help Your Child Do What You Say (#83) (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

**If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital:
1919 East Thomas Road in Phoenix
602-546-1400
www.phoenixchildrenshospital.com**

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

#82 • Written by Paula Pastore, RN • Illustrated by Dennis Swain.
This handout is also available in Spanish as #264/82s.