

# Increasing Cooperation

Five reasons why children/youth may not listen to what you ask:

- 1) I can't do it!
- 2) I don't understand!
- 3) I can't hear you!
- 4) I have never done this before!
- 5) What is in it for me?

## I Can't Do It!



Are there any barriers in the way? Is your instruction appropriate for the situation? There may be environmental, cognitive, medical or physical barriers preventing your child/youth from following your instruction. For example:

- asking child/youth to put away a book on a shelf that is too high
- teaching 5-year-old child about quantum physics
- asking a constipated 12-year-old to cut the lawn
- asking a 3-year-old to cut a full page of shapes

## Solutions

- Decrease barriers when possible (change the environment, know your child/youth's current cognitive abilities, change expectations if child/youth unwell)
- Increase prompting: give more help
- Decrease the amount of effort required from your child/youth
- If a task seems too hard because of how much you expect your child/youth to do, or how much effort is required, you can have him/her complete some aspect of the task independently and help with the rest

## I Don't Understand!



Are the instructions/expectations clear? May not follow if message is unclear, not specific, or formed as a question (rather than statement).

For example, what if you said, “John, can you please clean up your room and put your clothes away?”

- John can say, “no”, which is a valid and appropriate answer
- Saying “clean up your room” implies John knows all the things involved in that (e.g., making his bed, vacuuming, putting away games/toys, picking up clothes, dusting, etc.)
- You are asking John to do multiple things with this one request

## Solutions

- Make sure message is clear on what you expect your child/youth to do
  - Use as few words as possible
  - Give one demand at a time (“John, vacuum your room”)
- Instruction is specific and says exactly what you want him/her to do
  - Instead of “clean up your room”, you could say “put toys on the floor into the bin”
- Use questions ONLY when child/youth can answer yes/no

## I Can't Hear You!



Children/youth with Autism Spectrum Disorders often have a hard time processing a lot of stimuli at the same time. If your child is watching TV, while looking at a book and rocking, it is not likely he/she will hear your instruction.

## Solutions

- Decrease distractions in the environment
  - Turn off noise and background stimuli (TV, video games, cause/effect music toys)
  - Close curtains, put away distracting items
  - Pay attention to things that may be bothering your child/youth's senses, like itchy clothing, tight or loose clothing, wet clothes, etc.

## I Have Never Done This Before!



Child/youth may never have done what you are asking. The thing you are asking might be too difficult. Ask yourself, "Have I ever seen him/her do this before?"

## Solutions

- Show your child/youth what you want him/her to do
- Help your child/youth by using prompts
- Break a larger skill down into smaller skills
  - If you want to teach your child to do the laundry, you need to teach all the smaller steps involved first

## What's In It For Me?



If your child/youth benefits from following through with your request, cooperation is more likely. If the task is not naturally reinforcing for your child/youth, you will have to add something fun after the completion of the behaviour to make it more enjoyable and worthwhile.

## Solutions

- Positive reinforcement: give social praise (e.g., tickles, attention, high-five), an item (e.g., toy, food, TV), immediately after the child/youth follows through with your instruction (EVEN if you had to help)
  - Needs to happen RIGHT after the behaviour
  - Avoid giving reinforcement for behaviour you do not want to keep happening
  - Make it fun, genuine and specific to what the child/youth did (e.g., "I love how you sat at the table. Great job!")
  - You want to give enough reinforcement to keep the child/youth motivated to cooperate in the future

Want to learn more? Call to see how else we can help.

**1-866-590-8822**, press 1 to book a meeting today!

Services and supports in partnership with:



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Autism & Behavioural Services | 1.866.590.8822 press 1

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