



BELGRADE BEHAVIOR
CONSULTING, LLC

INCREASE COMPLIANCE

1. Immediately **PAUSE** and **TURN AWAY**.
2. Stay silent for at least 10 seconds.
3. Give the selected prompt using a visual cue (actual object/ picture/word) and a Premack Condition: “First (do this)...Then (get reward)”
4. **BACK OFF!**
5. **BLOCK ACCESS** to rewarding things/events (TV, music, computer, outside, food, special toys).
6. If/when your child even starts to **COMPLY**, give any help or encouragement needed. The goal is cooperation, not perfection or independence.
7. **FOLLOW THROUGH** on the reward you promised. If your child changes what she wants, that’s okay. It’s her reward; let her control it.
 - A. If your child never complies with the request, rewards are over for that part of the day. If it’s morning, until after lunch; if it’s afternoon, until after dinner and if it’s after dinner, until the next day.
 - B. No matter what time of day, slip in a tiny demand before giving rewards back.

