

# GET COOPERATION WITHOUT SQUEEZING THE JUICE OUT OF KIDS

Presented by Jody Johnston Pawel, LSW, CFLE  
referencing *The Parents Toolshop®*

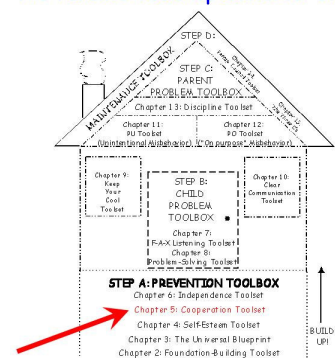
The Parents Toolshop Universal Blueprint

## Where is Cooperation in the Universal Blueprint® for Parenting Success?

In the Prevention Toolbox, which means we can use it anytime.

## How is “Getting kids to cooperate” different from “making kids obey”?

1. Group's ideas first:
2. Working together as a team toward win/win solutions.
3. Children are *self*-motivated to cooperate for the *internal* payoffs received.



**Three Reasons to Avoid *External* Motivators** (like bribes, rewards, praise, incentives and sticker charts) \* I'm planning a teleseminar just on this topic.

They work as a quick fix but in the long run:

- They are addictive; eventually, there must be an incentive to motivate.
- The bribe/incentive must continually get bigger/better.
- The person has to want the bribe.

## 5 BEST COOPERATION TOOLS

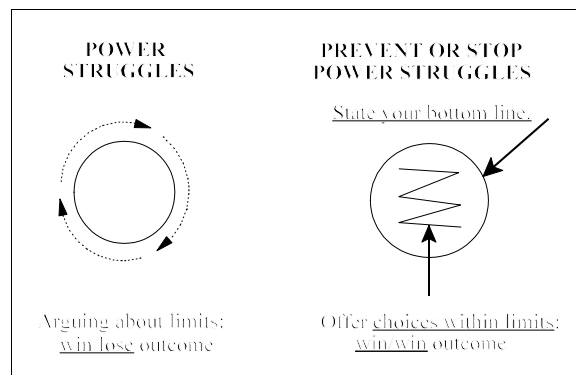
### Power Struggles

If there's not a choice about IF it is going to happen, offer choices for WHEN or HOW

Tips for Personalities:

“Union Negotiator”: Set bottom line and let child come up with choices

“Indecisive”: Hold them to that choice & remind them they can choose different next time



## More Cooperation Tools

### 2. Don't Say Don't

Finish the sentence: *Ask for ideas*

Don't \_\_\_\_\_

Stop \_\_\_\_\_

Quit \_\_\_\_\_

Instead: describe what TO do

~~Don't~~ \_\_\_\_\_

~~Stop~~ \_\_\_\_\_

~~Quit~~ \_\_\_\_\_

### 3. No No's. Instead:

- Give a conditional 'yes.'
- Offer an acceptable alternative.
- State a reason or give information
- Recognize feelings.
- Save "no" for dangerous issues or emergencies.

### 4. Plan Ahead & Get agreements

### 5. Use humor Make it child-friendly

### For More Information:

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