

#1 The Love Explosion Technique

Out of the blue, pull your child close to you and tell him something you absolutely love about him.

Choose things related to behavior, and other things not related to behavior, so that your child understands that his ability to listen to and follow directions isn't the only thing that you value about him.

Name these things for your child, give him a hug and thank him for making those choices all on his own. Give him 100% of the credit (i.e. don't tell him that the only reason he acted that way was because of something you did.)

An example of what **not** to say would be, *"See. I told you your sister would like it if you helped her."*

A better way of saying this might be, *"I love how you chose to help your sister clean her room. Look at how happy she is that you helped her. Thanks for being so kind."*

Repeat often throughout the day and week, as frequently as you can find time for initially, and then decrease (but don't eliminate!) over time if you see improvement in behaviors.

To make this extra valuable, do this technique in public, except instead of telling your child what you love about him, let your child overhear you telling someone else what you love most about your child.

An example of this might be *"I'm telling you, I've got the smartest son. His teacher said he is reading three levels above his grade level. I'm so proud of him."*