

**1. PREPARE FOR  
SUCCESS**

Talk things through.  
Have a rule for everything.  
Establish routines.  
Spend 15 minutes per day thinking of solutions.  
Be pro-active not reactive.  
To make changes occur, time must be spent on:  
60% recognising/stating how things are now  
30% planning the changes  
10% action

**2. HAVE CLEAR  
EXPECTATIONS**

Make sure they know the rules and consequences/rewards.  
Write down the rules and consequences so that there can be no questions.  
Be realistic - train in small steps

**3. PRESENT A  
UNITED FRONT**

Support; the parents, the school, the authorities, society etc uphold the same values.  
If you can't support something work to change it.  
Parents to believe in their right to expect their young person to respect their values.

**4. USE DESCRIPTIVE  
PRAISE**

Praise descriptive, not evaluative praise.  
Praise at least 10 times each day.  
Praise anything you can, even when they are doing things wrong.  
Pay attention to detail, so you can find things to praise.  
Praise the effort, not just the result.  
Praise the absence of the wrong thing.  
Remember praise is the best motivator there is.

### 5. DO REFLECTIVE LISTENING

Don't try to fix them or fix their problems just listen.  
Listen to the feelings beneath the words.  
Give words to their feelings.  
Pay attention to detail, so you know what is going on with them.  
Remember all behaviour is caused.  
Teach the young person to listen reflectively - to themselves and to others.

### 6. PRACTISE THE DO'S AND DON'TS OF SPEECH

Don't nag, convince, defend yourself, or threaten.  
Talk less and do more.  
Speak- don't lecture.  
Be friendly - smile.  
Keep and use your sense of humour.  
Use silence as a tool.  
Find new ways to say things - don't repeat yourself.  
Say what you mean and mean what you say.

### 7. BE CONSISTENT

Establish routines for as much as possible.  
Follow through.  
Do not make exceptions.

### 8. FOSTER SELF-RELIANCE AND INDEPENDENCE

Don't do for them what they can do for themselves (including their thinking).  
Don't do for them what they can/should be learning to do for themselves (including their thinking).  
Require them to do what they can do and require them to learn the things they don't already know.  
Offer appropriate choices.  
It's not your job to make everything ok for them.  
Let them have feelings - do not rescue them.  
There is something to be learned in every situation.  
Treat every situation as a training opportunity.

**9. PRACTISE AND  
PROVIDE A HEALTHY  
LIFESTYLE**

Limit television, monitor and discuss what is watched.  
Remember television acts as a drug.  
Provide a healthy balanced diet.  
Limit time spent in front of all screens.  
Make sure the young person has plenty of sleep.  
Balance structure/unstructured time, work/play, Time with others/time alone.  
Expose young person to difference experiences.  
De-emphasise money, materialism and consumerism.  
Provide experiences of/in nature.

**10. BE FIRM**

Follow through.  
Use body language to show your authority.  
Hold the young person accountable.  
Make eye contact when disciplining, giving instructions and being affectionate  
Wait actively for the behaviour you are shaping.  
Stand in their space when waiting for the behaviour you are shaping.

**11. TEACH AND  
TRAIN VS TELL AND  
HOPE**

Train in small steps; be willing to go very slowly.  
Implement rewards and consequences.  
Do not try to protect from the results/consequences.  
Provide lots of practice and repetition (time and effort).  
Training takes time; in the moment and over time.  
Training requires the presence of the trainer.  
Relate the lessons you are teaching to the young persons own life.

**12. BE IN CHARGE**

Trust your own judgment and experiences.  
We have to change before others or situations around us will change.  
Act with authority.  
Require respect (including tone of voice).

**13. PAY ATTENTION  
TO DETAIL**

Ignore nothing - both the positive and the negative.

Be vigilant.

Don't let them get away with little things, so they'll respect you on the big things.

Know the child's habits, hangouts, dislikes, weaknesses, strengths, and dreams etc.

Know the Child's friends.

**14. BE POSITIVE**

Give hugs and signs of affection.

Keep your sense of humour, smile, and lighten up.

Think solutions not problems.

Spend quality time alone with child every day (both parents).

Treat the child as you would be treated.

Teach the young person to treat others with compassion and kindness.

**15. SET A GOOD  
EXAMPLE**

Model the behaviour you want to see in the young person.

Hold yourself accountable.

You don't have to be perfect, but you work to overcome your own bad habits and problems.

**16. TAKE CARE OF  
YOURSELF**

Get plenty of sleep.

Do regular exercise.

Eat a healthy diet.

Build in more time in your life to train, relax etc.

Get support from partner and outside.

Don't forget to praise yourself.