

Developing a Responsible Child

Don't do for your child what s/he can do for her/himself!

Steps to developing Responsibility:

1. Do the task **for** your child.
2. Do the task **with** your child.
3. Watch your child do a task. Make suggestions, give praise, and reinforce.
4. Have your child complete the task alone.

Things to say to encourage your child:

- I'll start and you can finish. . .
- I know you can . . .
- Take a chance and see if you can do it.
- Sounds like you have a problem, what can you do about it?

Source: [The Motivation Breakthrough](#) by Richard Lavoie
Synergy Psych 2017