

The Power of When and Then



Your child asks for a toy in the middle of the shop and you want to say no but don't want to face a monumental meltdown.

You look at your watch and realise it's nearly bedtime. You dread having to say 'time for bed' and brace yourself for what you know is about to unfold...

It's time to flip the script and use

When and **Then**



Golden Rule: never argue about **whether** or **if** something will happen. You as the parent have already made the decision. Take a deep breath and channel your inner brick wall.

Scenario – little Johnny won't eat his vegetables and the predictable argument followed by compromise ensues. You're exhausted after a long day at work and it will just be easier if you give in. However, if you have already decided on what you want him to do you are half way there.

*Use the phrases **when** and **then** to order what is going to happen to make it clear.*

***When** you have eaten your broccoli, **then** you can have the ice cream.*

***When** you have had a bath, **then** you can have 10 minutes on the tablet.*

***When** you have put your shoes on, **then** we can out to the park.*