

Day 4

10 Ways to Get Cooperation Without Yelling

NO SHOUTING CHALLENGE RAISING SMILES

Today's Focus: Gain cooperation through connection - not control.
Use play, humor, and creative choices to diffuse tension and invite your child to work with you.

Try These 10 Friendly Strategies:

- **The Silly Voice Game.** Ask them in a funny accent-like a robot or pirate. It works wonders with young kids!
- **The Choice Method.** Example: "Would you like to brush your teeth before or after your bath?" Same result, different paths = cooperation.
- **Sing It Out.** Turn your request into a short song. Add their name to make it personal!
- **Whisper Challenge.** Lower your voice instead of raising it. Kids get curious and pay attention.
- **Do a Countdown With a Twist.** Instead of "1...2..." " try When I get to 3, let's fly like superheroes to the bathroom!
- **Let Them Lead.** Say: "Can you show me how fast you can put your toys away today?"
- **Turn the Task into a Race.** "Let's see who can clean up their section first!"
- **Give a Heads-Up.** Prepare them: "In 2 minutes, we need to tidy up. Want to set a timer together?"
- **The "When-Then" Method.** "When you finish your homework, then you can have screen time." Gives a clear order and builds accountability.

● Connect Before You Correct

Before asking your child to do something, kneel to their level, make eye contact, and acknowledge what they're doing or feeling. This connection builds trust and makes them more likely to cooperate calmly.

REFLECTION SPACE: What worked today? Write or draw your favorite strategy.

10 Ways to Get Cooperation

WITHOUT YELLING

Let's trade shouting for connection – here are ten calm, effective ways to get your child to listen and cooperate.

1 The Power of "When... Then..."



"When your toys are in dne box, then we can read your favourite story?"



Give 2 Choices with the Same Outcome



"Do you want to brush your teeth before or after your bath?"

2 Play or Humor It Up

"Oh no! These socks are running away from the laundry basket! Can you ctch them?"



6 Use Visual or Countdown Cues



"You have 5 minutes to finish up, then it's time to tidy,"

5 Whisper or Talk in a Calm Voice

Kids often pay more attention when you speak softly.



Acknowledge Feelings First

"I know you're not in the mood to clean right now. Want me to help you get started?"



9 Make It a Race or Challenge

"Can you beat me at putting your toys away?"



10 Connect Before You Correct

Kneel to their level, touch their shoulder, make eye contact.

