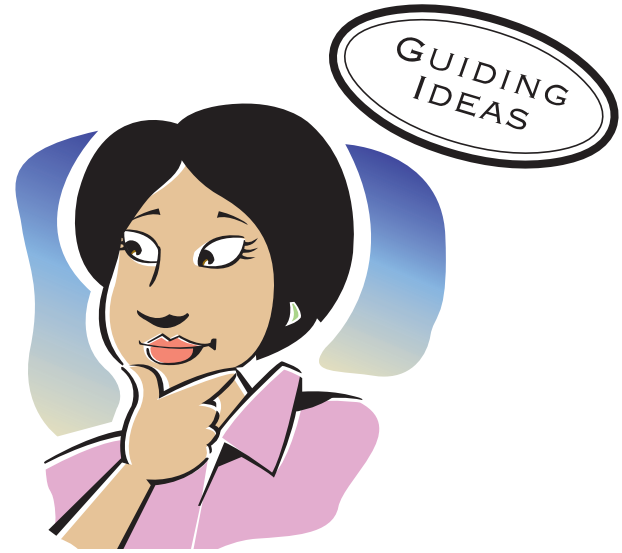


Expectations—A Secret To Behavior Control

Do you find that your children behave almost perfectly with some people, or in some situations, but not always for you? Well, you're not alone—and there are things you can do about it.

Try these simple tips:

- **Remember that children are masters** of figuring out what is expected of them in different settings and with different people. Explain your expectations to your child clearly, especially in a new situation. Have your child explain the expectations back to you.
- **Avoid repetition.** After making your expectations clear, avoid nagging when your child doesn't live up to them. Instead, try using no words at all. Just give your child a long, meaningful “look.” She will



know exactly what you are “saying” and you will see her behavior change quickly.

Though it may be hard to believe, your child does want to please you—when she knows what you expect.