

## ENCOURAGING INITIATION

It's a good idea to re-think where favourite things are kept around the house. If your child knows the biscuits are kept in a certain cupboard – move them! If he can't get them himself, he has to initiate with you and ask for them.

Let your child see you putting a toy or a treat in a certain cupboard, and then closed the cupboard. Hopefully she will remember where you put it and request it later.

Other ideas to encourage initiation are:

- Put toys/DVD's / books up high so he/she has to ask for them.
- Give him/her a cup with nothing in it
- If he/she has a treat, only give him/her a small amount so he/she has to ask for more.
- Open a tub of bubbles, blow some and then close the tub again – wait to see what he/she does!
- Place a toy in a clear plastic container, and close the container. Try placing bricks in a jar with a screw top. Does your child ask for help?

In general, try not to anticipate what your child needs or wants. The less you do for him, the more he will need to initiate with you.