

# IN A BIND



Hey there grown-ups,

Do any of the following sound familiar?

“Getting Julie to do her homework is such a struggle.”

“It’s such a battle to get Eddie to have his bath.”

“Getting Tom to practice reading and get ready for bed is exhausting.”

These, and similar scenarios, are surprisingly common.

Getting youngsters to complete necessary tasks, to time, can seem tricky. So, here’s an approach to try that has, time and again, proved it’s self invaluable.

While there are various things that need to be done, us humans like to have some choice and control over what and how we do things.

That said, providing an element of choice really helps to motivate people to act.

Here are 2 simple ways to provide choice that makes life easier for everyone.

The single bind: eg - Sammy, are you going to do your reading at 6pm or 7pm?

The double bind: eg - Johnny, are you going to do your reading before or after your bath?

In both binds, it’s a given that the activities are going to be done. The single bind commits the person to one activity. The double bind commits there person to two activities.

**Health warning!**: Make sure you are OK with the room for choice that you are creating. If Sammy chooses to read at 7pm, you need to be OK with that. If Johnny chooses to have his bath before reading, you need to be OK with that.

By building in the element of choice and control makes the whole situation easier and run more smoothly

**To your success! Hil**

p.s. the binds work with adults as much as youngsters!