



FaithWorks Counseling
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Compliance at Home

First: What's Really Happening at Home

After school, this child is likely:

- Emotionally exhausted
- Holding in dysregulation all day
- Experiencing restraint collapse

So home behavior ≠ “bad parenting” or “defiance.” It’s overflow.

1 Start With Decompression (Non-Negotiable)

First 20–30 minutes after school:

- No questions
- No chores
- No homework
- No corrections

Options:

- Snack + water
- Quiet play
- Screen time (short, predictable)
- Movement (jumping, swinging)

Script:

“You don’t have to do anything right now. Your body worked hard today.”

This prevents evening meltdowns.

2 Use the SAME Micro-Reward System at Home

Consistency = safety.

Home Star System

- 10–15 minute blocks
- Earn-only
- Focus on ONE behavior at a time

Examples:

- “Get dressed”
- “Clean up toys”
- “Homework time”
- “Bedtime routine”

Script:

“Let’s try for 10 minutes. Then you can earn a star!”

3 Give Two Acceptable Choices (Always)

Avoid yes/no requests.

Instead of:

✗ “Clean your room.”

Use:

✓ “Do you want to pick up dolls or blocks first?”

This gives control without chaos.

4 Use First–Then Language

Keep it concrete.

Examples:

- “First shoes on → Then outside play”
- “First homework → Then tablet”
- “First bath → Then story”

No long explanations.

5 Praise Effort Out Loud (Constantly)

ADHD kids need external encouragement.

Instead of:

✗ “Finally!”

Say:

✓ “You started even when it was hard.”

Aim for 5 positives per correction.

6 Ignore Minor Behaviors (Strategically)

Let go of:

- Wiggling
- Talking to self
- Mild silliness

Correct only:

- Safety issues
- Aggression
- Property destruction

Too many corrections = dysregulation.

7 Use Calm Reset, Not Consequences

When emotions spike:

Do NOT:

- ✗ Lecture
- ✗ Threaten
- ✗ Remove privileges mid-meltdown

Instead:

- Lower voice
- Fewer words
- Sit nearby
- Offer comfort object

Script: "You're safe. I'm here."

Teaching comes later, not during the storm.

8 Predictable Evening Routine (Same Order, Every Night)

Visual chart on fridge:

1. Dinner
2. Play
3. Bath
4. Pajamas
5. Story
6. Bed

Let child check off steps.

9 Bedtime = Regulation Time

Many ADHD kids struggle here.

Tools:

- Weighted blanket
- White noise
- Same bedtime nightly
- Dim lights 60 min before bed

Avoid power struggles after 7pm.

1 0 What to Say When She Won't Comply

Use short, calm scripts:

- "I'll help you start."
- "Let's do it together."
- "Your body needs help."
- "We can try again."

Avoid:

- ✗ "You know better."
- ✗ "Stop acting like this."

1 1 Parent Mindset Shift (Critical)

Replace:

"She won't listen."

With:

"She's still learning how."

This keeps parents regulated — and regulated parents create regulated kids.

When to Get More Support

If meltdowns continue:

- Request 504/IEP evaluation
- Ask pediatrician about ADHD medication
- Consider parent coaching
- Occupational therapy for sensory regulation

Bottom Line

Connection → Regulation → Cooperation

Compliance grows when the child feels safe, capable, and understood.