**Strategies for Working with Defiance**

**\*Connect before you direct:** Have you connected in a warm, positive way before directing?

**\*Choice/non-choice**: Offer a choice within the desired outcome

(ie. Would like to put your pictures away or would you prefer I do it? Would you like to do your work here or in the hall?)

\***Save face/give them an out:** Remove audience, when possible, talk quietly so others don’t see/hear such as in the hall or after the class transitions out

\***Ensure you have not cornered them physically or emotionally:** If stuck ask if they would like to get a drink of water, deliver something to the library etc.as a way toredirect/distract from the power struggle

\***Put down the rope:** Engaging in a power struggle will often escalate the issue. Ask yourself how important this battle is in the big picture. Choose your battles.

\***Prompt, leave, check back**

\***Ignore attention seeking behaviour that are about avoiding the prompt. Give time and space when possible.**

\***First/then reminders:** IE. **First,** we clean up, **then** we go out to play

\***Do not take it personally**

\***Step away and give yourself a moment if you feel yourself getting elevated to reset**

**\*Verbally praise/thank when doing the right thing**

\***Have basic needs been met? Is regulation getting in the way? What do they need?** ie: food, water, attention etc.

**\* Use alternatives to the word “NO”. State when they can have or do it instead.** Ie. You *can* play this *after* you put the other things away.Screen time is over for today but you can have it again tomorrow if you get off on time.

**Acknowledge that you know it is not their preference and it may be hard. *Praise* for doing hard things (non-preferred thing). 😊**