

## 5 Ways to Get Follow-Through (Without Nagging!)

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Your child has agreed to do (or not do something). And yet they don't follow through. Sound familiar?

Example: parent and child made an agreement that child would feed the cat every morning. But child still struggles with follow-through. In response to mess-ups or objections remember that *less is more*, and try the following:

### KISS

Keep it short and simple (10 words or less): "Cat."

### ASK

Simply ask, "What was / Do you remember our agreement?"

### ACT

Use nonverbal communication. E.g., point to the empty cat bowl. Or look at the cat bowl and then your child with sad eyes and say, "meow!"

### WRITE

Write a note: "Good Morning! I'm hungry! Love, the cat."

### DESCRIBE

Describe what you see without judgment: "I see an empty cat bowl."

When your child *does* follow through, encourage them by *noticing* and *appreciating*: "Thank you for following through with feeding the cat." Or "I noticed you fed the cat without being asked this morning."

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Inspired by: *How to Talk So Kids Listen and Listen So Kids Talk* by Faber and Mazlish and *Positive Discipline* by Jane Nelsen