

## #1 Proven Strategy to Foster Collaborative Compliance



Compliance, in behavioral terms, is about following instructions to achieve a goal. It's purposeful, empowering, and often collaborative. Obedience, on the other hand, implies a rigid submission to authority—often without room for questioning or autonomy.

This distinction is critical because compliance should go beyond simply “following orders.” It should be about helping children learn, grow, and engage with the world in meaningful ways.

### Taking Morality Out of Compliance

All too often, compliance is tied to morality, with children being labeled as a “good girl” or a “bad boy” based on their behavior. These labels can create unnecessary shame and hinder a child’s ability to learn and adapt. Instead, we focus on actions, not labels, and reframe compliance as a skill-building process. When compliance is taught with intention and collaboration, it becomes a tool for empowerment rather than a mechanism for control.

### Why Compliance Matters

- **Learning:** Compliance allows children to acquire new skills by following instructions and engaging in structured activities.
- **Safety:** It helps them avoid dangerous situations, both at home and in the classroom.
- **Participation:** Compliance fosters inclusion and helps children feel successful in group environments.

### For the Busy Home: Shape It ‘Til You Make It

If you’ve got a ton on your plate, you might wonder:

*“How do I get my young person to comply when I need them to do cooperate immediately?”*

### ✨ Shape It Til You Make It ✨

By reinforcing each small step, shaping builds confidence and motivation. Over time, this approach creates a clear path to success, one achievement at a time.

- **Start** by reinforcing your young person for picking up one or two items.
- **Next**, reward your young person for placing a few items in the appropriate spot.
- **Finally**, praise your young person for fully cleaning up their area and completing the task.

### You Got It!



Beau,  
Board-Certified  
Behaviorist Analyst