Two-Choice Removal of Privileges
Strategies to Improve Compliance

For **OLDER CHILDREN** removing privileges is very effective in reducing problem behaviors IF you follow **the same specific sequence** every time. The way we teach parents to remove privileges in PCIT-TC gives children a "choice" to comply and time for them to make a decision.

Parent Action	Example
Parent gives a direct command and child does not comply	"Please give me the yellow Lego." (Child ignores parent)
Parent holds up hand, counts to five on fingers	"One, two, three, four, five." (Child continues to ignore parent)
Parent gives two-choice warning	"You have two choices: either give me the Lego or you will not get a sticker." (Child continues to ignore parent)
Parent holds up hand, counts to five on fingers	"One, two, three, four, five." (Child continues to ignore parent)
Parent gives explanation and removes privilege	"You didn't do what I told you to do. You won't get your sticker at the end of Special Time."
Parent pauses for 10 sec, ignoring child	[Parent looking away from child, takes a deep breath]
Parent gives second two choice warning if child still does not comply	"You have lost your sticker. You have two choices: either give me the Lego or I will take all the Legos and put them outside the door."
Parent waits silently for child to comply (may point or signal)	(Parent points to the yellow Lego. Child gives parent the toy.)
Parent acknowledges compliance	"Thank you."
Parent gives follow-up command	"Now please put the green Lego in the container." (Child complies)
Parent gives enthusiastic labeled praise for compliance	"Great job of following directions!" ENTHUSIASM HERE!!!

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Commands and Compliance
An important part of the two-choice removal of privilege is to make sure that the **child complies with your initial command**. However, while practicing in the clinic we will ask you to give another command after your child complies with that first command. This way, we make sure that your child understands that complying is easy and losing privileges can be avoided by complying right away.

Counting out Loud vs. Silently.
In the two-choice removal of privileges, we will ask you to hold up your hand, and count to five on your fingers out loud, twice! We ask you to count after you give the first direct command. Counting with your fingers out loud is a great way to communicate with very young children because it is very concrete. With older children, counting out loud can become a game. If it becomes a game, you might want to count silently.

Logical Consequences
can be given to a child of any age. The advantage of using logical consequences is that the consequence should feel fair and "fit the crime." Logical consequences often match well with "real life" and what children will experience, as they get older. It is helpful for children to understand that actions have consequences, and not all are happy. An important part of maturing is taking the time to ask, "what will happen if I do this?"

Removal of Privileges
Getting to do fun things is a privilege that children have when they follow rules and listen to their parents! By practicing these strategies in the clinic, you will see how to help your child see how much better it is to obey than misbehave. Make a list of the child's favorite treats or favorite things to do. When your child does not comply, you can give them a choice: either comply or lose a favorite activity. You need to know that removing privileges is an effective incentive to obey as long as the privilege is valuable, but it also must be something you are able to enforce!

Predictable & Consistent
It is important to be predictable and consistent when giving a consequence for inappropriate behavior. If you have told your child that he/she will lose a privilege, you must follow-through! You may have to go through a long list of favorite things before you get compliance. But, if you follow-through consistently, your child will comply rather than lose his/her favorite privileges.

Strategies to Improve Compliance = Predictable & Consistent Consequences