

Behaviour Strategies to Support Feeding

Listening: How to deliver instructions

Listening is a really important part of learning new skills. Learning how to listen can help children learn new skills by listening to instructions.



Even if learning to listen doesn't seem connected to feeding, it will help to build your child's skills. Learning to listen to instructions will take time and require repetition and consistency.

- ✓ **Be direct**
 - Make statements rather than asking questions
- ✓ **Be clear, brief, and specific**
 - Using fewer words is better
- ✓ **Give one instruction at a time**
 - Avoid giving a series of instructions
 - Give your child time to process the instruction
- ✓ **Use language at a level they will understand and make your instructions positive**
 - Use “please do ____” instead of “don’t do ____”
- ✓ **Keep explanations simple**



This handout is part of the NDD Restrictive Eating Clinic Information Series:
www.hollandbloorview.ca/RestrictiveEatingInfo

References

Child Mind Institute. (2024). *Complete Guide to Managing Behavior Problems*. <https://childmind.org/guide/parents-guide-to-problem-behavior/>
Raising Children Network (Australia) Limited (2024). *Encouraging positive behaviour: tips*. <https://raisingchildren.net.au/toddlers/behaviour/encouraging-good-behaviour/good-behaviour-tips>