**Positive Adult-Child Relationships**

There will never be enough rewards, consequences, or techniques to get challenging kids to behave and learn if we are not first developing positive adult-child relationships.

The “One-Sentence Intervention” is our all-time favorite technique for building such relationships with difficult children and teens. Listed below are the steps:

1. Identify six unique things about the child or teen that have nothing to do with pleasing

adults, behaving well, or completing schoolwork.

2. Using these interests or qualities, fill in the blanks below.

*I’ve noticed that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_I noticed that.*

*I’ve noticed that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_I noticed that.*

*I’ve noticed that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_I noticed that.*

*I’ve noticed that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_I noticed that.*

*I’ve noticed that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_I noticed that.*

*I’ve noticed that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_I noticed that.*

(Example: *I’ve noticed that you really like to draw*. *I noticed that.*)

3. Approach the child, smile, and whisper the statements identified above at least two

times a week for at least three weeks. This is the “experimental period.”

4. Do not end the statement with something like, “*…and that’s great*!”

5. Do this only when it won’t embarrass the kid.

6. Do this only when he or she is calm.

7. Listen if the child wants to talk about the strength or interest.

8. After the three-week experimental period, test this intervention by asking the child

to do something for you. Use the following words:

*Will you do this (or stop doing that) just for me? Thank you.*

9. Remember to smile and whisper. Also remember to walk away from the kid as

soon as you finish saying, *“Thank you*.”

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