

**Premack Principal:**

**Age:** Any

**Setting:** Anytime you need/want your child's compliance

**Purpose:** To get your child to do something they may not be interested in doing by offering them something they will be interested in doing after they have completed the other task.

**Instructions:** Often referred to as "Grandmas Rule," this strategy operates on a first/then basis. To get your child to do something they may be less inclined to do you can offer them something you know they will enjoy after they have participated in a less desired activity (an activity you may need/want them to do). For example: "You can have a cookie if you eat your broccoli." In this example the less preferred activity is eating broccoli and the preferred one is eating a cookie. For some children it is important to present the activities in a specific order, like the example above. The reward should be stated first, then the task they must complete to get the reward, so that the child is focused on the reward throughout their task.