THE FIVE-MINUTE WORK CHORE

The five-minute work chore is an effective form of discipline that involves having the child/adolescent perform an additional chore as punishment when he or she refuses to comply with your request.

1. Make a list of jobs/chores around the house that would take about five minutes to complete. These chores should include those that your child/adolescent does not like to do or is not routinely expected to perform.

2. Have a back-up plan in case your child/adolescent refuses to comply.

Eight Steps for Using the Five-Minute Work Chore

1. **Set the stage so you will not have to use a work chore.** Create a friendly atmosphere when making a request. It’s a good idea to time your request (if possible) so it disrupts things (e.g., doing homework, planned TV time) as little as possible.

2. **Make it clear that noncompliance means doing a work chore.** Tell the child/adolescent in advance that you will give him or her a work chore if he or she does not comply with your request. Do not wait until you are angry because your child has refused to do what you have asked.

3. When your child refuses to do what you have asked, **don’t lecture or argue. Simply assign the work chore.**

4. Each time you are about to make a request, have two work chores in mind that you could use if your child/adolescent does not do what you ask.

5. If your child fails to complete the work chore, **use no more than two work chores before withdrawing a privilege.**

6. Make sure the chore you give is brief.

7. **Stay out of the way while your child/adolescent is doing the chore.**

8. **Remain calm and neutral.** As soon as your child complies with the work chore and completes the original request, praise him or her.