



POWEROO ·

Family Guide

Your half of the training — 4 five-minute pills

Defiance & Opposition Module · For the copilot at home

In this territory there's a truth we embrace rather than hide: the power to turn household clashes around doesn't live in the child alone. The strongest evidence is in **parent training** (Kazdin, Barkley) and in **collaborative problem-solving** (Ross Greene). Your child trains their half in the app; these four pills train yours. Five minutes each. No need to do them all today: one a week ~~already changes the climate at home.~~

Poweroo · Flexibility Powers — Defiance & Opposition Territory. This guide accompanies the child's 12-week module; each week also brings its own copilot mission at home.



Specific, immediate praise

Why it works

Whatever gets attention grows. It's the simplest and most powerful law of parent training. When you catch your child **getting it right** and tell them right away, with detail, you're watering that behaviour. The trouble is we tend to do the opposite: the hard behaviour takes all our attention (shouting, warnings), and the good one passes in silence. This is the highest-yield change of the four.

How to do it

1 Catch the good moment

Don't wait for the big feat. A «thanks for coming the first time I asked» is gold. Look for the small, everyday stuff.

2 Be specific

Not «well done», but «I loved that you put the remote down when I asked, no arguing». Name the exact behaviour.

3 Do it instantly

Praise loses power with every minute. The closer to the moment, the more the brain learns what to repeat.

✗ «Well, you finally got dressed.»



✓ «You got dressed all by yourself, first time asked! That helps me so much in the mornings.»

Watch out

Praise isn't a bribe. Don't promise rewards for behaving («if you get dressed, I'll give you...»). Simply **name** what they already did well, when they did it. A bribe negotiates; praise recognises.

Three specific praises a day change a behaviour more than thirty corrections.



Differential attention

Why it works

The other side of the same coin. If attention grows behaviours, then **what you stop attending to** also teaches. Many small clashes (low-intensity protests, whining, grumbling) fade on their own if you don't water them with your reaction. This isn't ignoring the child: it's ceasing to feed the behaviour you don't want, and pouring your attention on the one you do the moment it appears.

How to do it

- 1 Pick your target**
One minor, harmless behaviour: whining, grumbling, background protest. Just one to start.
- 2 Remove the focus, not the warmth**
Stay calm and carry on. No lecture, no angry face. The behaviour loses its audience.
- 3 Return the second it's good**
The moment your child shifts tone or asks nicely, turn and give full attention. The contrast teaches.

✗ *Answering every «but it's not fair...» with explanations and debate.*

✓ *Carrying on calmly through the grumbling; at the first «can you help me, please?», turning with a smile.*

Watch out

This is only for minor, safe behaviours. Aggression, danger or harm are **never** ignored: they're stopped. And if you remove the focus but cave halfway («fine, fine, just stop»), you teach that insisting works. The calm has to hold.

Don't water the behaviour you don't want to see grow. Water the one next to it.



Anticipate instead of react

Why it works

Almost every clash at home is **the same one**: screen-off time, leaving the house, the shower, bedtime. If they're predictable, they can be prepared in advance — when it's calm, when no one's angry. Anticipating turns a surprise battle into an agreed plan. It's going from putting out fires to not lighting them.

How to do it

- 1 Name the repeat clash**
Pick the one that recurs most. «Every day we fight over turning off the tablet.» That one.
- 2 Talk when it's cool, not hot**
Find it in a calm moment, away from the clash. No one negotiates well in the heat.
- 3 Agree the plan together**
«How do we do this so tomorrow doesn't end in a fight?» A 5-minute warning, a timer, a turn. Make the plan belong to both of you.

✗ Reaching tablet time and yanking it away: «That's it, give it here!».



✓ In the morning: «This afternoon, when the timer rings at 20 minutes, you put the tablet away. Deal?».

Watch out

Anticipating isn't giving in or dropping limits. The limit stays («the tablet goes off»); what changes is that it arrives **warned and agreed**, not by surprise. And note: a plan made in the heat doesn't count. The magic is in agreeing it beforehand.

The best time to solve this afternoon's clash was this morning.

Receiving a Plan B without reading it as defeat



Why it works

Here's the heart of the module, and the hardest pill. Your child is learning to propose **Plan Bs**: «what if I do it after my snack?». That isn't rebellion — it's exactly the skill we want. But if you live every proposal as a contest you must win, you kill the very thing you're trying to teach. Receiving a Plan B well isn't losing authority: it's rewarding negotiating instead of exploding.

How to do it

- 1 **Hear the whole proposal**
Even if your first impulse is to say no. A Plan B deserves a full hearing before you answer.
- 2 **Separate it from defiance**
«After my snack» is a reasonable proposal. «No way!» is something else. Reward the first, even if you don't accept it.
- 3 **Say yes, no, or counter-offer**
Not every Plan B is accepted. But even a «not this time, because...» acknowledges that asking well is the way. Sometimes, a «good idea, done».

✗ «I said now. It's now and that's that.» (even when the proposal was reasonable)

✓ «I like that you ask instead of digging in. After your snack, then. Deal.»

Watch out

The brand line, taught explicitly: **negotiating well is not manipulating**. A real Plan B seeks a win for both of you. Faking, guilt-tripping or putting on a face to get their way is not a Plan B — and there the limit holds firm. Accepting a good Plan B isn't giving in to everything: it's reinforcing the good path.

When you reward the Plan B instead of the tantrum, you teach which of the two works.



When to seek more help

These pills train everyday life together. But if there's frequent aggression with harm at home, or the defiance is so intense that none of these tools makes a dent, that isn't your failure — it's the signal to seek professional support. Talk to your paediatrician or a child psychologist. Poweroo trains skills; it doesn't replace a professional when one is needed.

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