



# Martha's Rules

**Rule #1:** Only ask my child to do what he is capable of doing.

**Rule #2:** Only ask my child to do something for the length of time that he is capable of doing it.

**Rule #3:** Monitor his emotional reactions carefully.

**Rule #4:** Mark and reinforce lavishly all good behaviors.

**Rule #5:** Reinforce every time I mark a behavior (regardless of whatever subsequent behavior is occurring).

Share these rules from [http://youtu.be/wc\\_MoyfEBIw](http://youtu.be/wc_MoyfEBIw)