1-2-3 Magic

Steps

1. Initial ask: Tell child to stop (or start) the behavior

 "Please get started cleaning up your toys."

 "Please get off the table."

2. If child doesn't stop, give the consequence

 "I need you to start cleaning up by the time I count to 3, or I will put the blocks away for the rest of the day."

 "I need you to get off the table by the time I count to 3, or I will have to take you off."

3. Count to 3 slowly

 Leave 3-5 seconds between each count

 Start moving during the count

4. If/when you get to 3, follow through

Example - Child banging fork

Initial ask: "Please stop banging your fork."

Wait a few seconds. If child is still banging:

 Ask with implementing 1-2-3

 "I need you to stop banging your fork by the time I count to 3, or I will take your food & fork...1...2...3."