

First-Time Obedience Cheat Sheet

How to Get Your Kids to Obey the First Time — Without Yelling or Explaining

By Richard Troyer | The Shema Method

The 3-Step Command Formula

1. Get Eye Contact – Move close and ensure your child is looking at you.
2. Use a Calm, Firm Voice – No emotion, no raising your voice.
3. Give a Clear Command – Short, direct, and respectful.

Example: “Put your toys in the bin, please.” (then pause and wait)

Scripted Responses That Work

If your child delays, argues, or ignores, respond with:

- “You heard me. I need you to obey.”
- “This is your warning. Next comes a consequence.”
- “You chose not to obey, so here’s the consequence.”
- “I love you too much to argue.”

The Consequence Ladder

1. Clear Command
2. Calm Warning (“This is your warning.”)
3. Immediate Consequence (loss of privilege or added chore)
4. Restitution / Responsibility Task
5. Reconnect: “I love you. Let’s try again next time.”

Quick Checklist

- ✓ Did I get eye contact before speaking?
- ✓ Did I use a calm, clear voice?
- ✓ Did I follow through with the consequence?
- ✓ Did I reconnect afterward?

Ready to learn the full system?

Join The Shema Method: A Biblical Framework to Get Your Kids to Hear and Do Without Yelling or Guilt.

Visit: www.theshemamethod.com

Remember: Consistency is key.

Your parenting might not be perfect, but you are the perfect parent for your child.