



Mastering Manding:
**A Fillable Guide
to Teaching
Requests**



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Introduction: Manding, or requesting, is one of the most important skills your child can learn. When a child can effectively ask for what they want, they're more likely to have their needs met, leading to fewer frustrations (and fewer meltdowns). This guide will help you teach your child to mand in a way that's simple, practical, and fits into your daily routine.

Step 1: Identify What Motivates Your Child The key to teaching mands is starting with something your child is highly motivated by. It could be a favorite toy, snack, or activity. When they really want something, they're more likely to try communicating for it.

Fill In:

- My child loves _____ (e.g., a specific toy, juice, screen time).
- I notice they get excited when they see _____ (e.g., their favorite snack, bubbles).
- One activity my child never says no to is _____ (e.g., playing with water, swinging).

Step 2: Set Up the Environment Now that you know what motivates your child, set up situations where they need to ask for it. Make sure the item is visible but not immediately accessible—this encourages them to communicate that they want it.

Fill In:

- I will place _____ (motivating item) where my child can see it but not reach it.
- When my child shows interest by _____ (e.g., pointing, reaching), I will prompt them to request it.
- Our practice session will take place during _____ (e.g., snack time, playtime).

Step 3: Prompting the Mand If your child isn't used to manding yet, you'll need to prompt them. Start with simple words, signs, or picture exchanges (depending on their communication level). The goal is to make it easy for them to request.

Fill In:

- When my child shows interest, I will say or sign _____ (e.g., "juice" or show a picture of juice).
- If they don't respond, I will gently prompt them by _____ (e.g., saying the word again, guiding their hand to the picture).
- I will reinforce their request immediately by giving them _____ (item).

Step 4: Reinforce Every Success When your child successfully mands, reward them right away! Positive reinforcement is key to helping them understand that asking leads to getting what they want. Be consistent with your praise and make the reward immediate.

Fill In:

- When my child requests _____ (item), I will immediately give it to them.
- I will celebrate by saying or doing _____ (e.g., “Great job asking!” or giving them a high-five).
- My child seems most excited when I _____ (e.g., smile, clap, give them extra time with their favorite toy).

Step 5: Gradually Increase the Challenge Once your child is consistently manding for their favorite things, you can start making the requests a bit more complex. You might increase the number of words they use, or require them to use more effort (like signing or using a picture). Take it slow and make sure they’re still motivated.

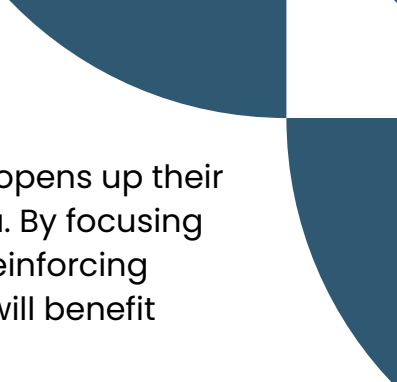
Fill In:

- I will start encouraging my child to ask for _____ by using _____ (e.g., more words, a complete sentence, or adding a new sign).
- The next item we will practice manding for is _____.
- I will continue to reinforce their efforts by _____ (e.g., giving lots of praise, rewarding them right away).

Step 6: Track Progress It’s important to track your child’s progress as they learn to mand. This will help you see what’s working, where they’re struggling, and how you can continue to support their communication.

Fill In:

- My child is now consistently asking for _____.
- One area where they need more support is _____.
- To help them with this, I will _____ (e.g., add more prompts, break the task into smaller steps).



Conclusion: Teaching your child to mand is a powerful tool that opens up their ability to communicate and decreases frustration for both of you. By focusing on what motivates them, setting up situations for success, and reinforcing every step, you're helping them build communication skills that will benefit them for life.