

CONSEQUENCES

When explaining about what you expect from your child and why, be firm and calm. Next, explain what will happen if these things are not done (something logical). These things become rules and consequences. When the rule is broken, a consequence follows. Be consistent with this activity, or your child will not respect what you say. If the child is sassing or throwing a tantrum, leave the room. Refuse to talk to the child or consider changing consequence until the child can talk in a respectful and calm voice.

Consequences

- Do work first and then play or TV.
- Time-Out (1 minute per year of child)
 - Sit on a chair
 - Sit on a couch
 - Stay in their room
- Go to bed early
- Grounded for a time from:
 - Outside play
 - Going to friends
 - Fun activities
 - Going someplace fun
 - TV games
 - TV programs
 - Computer play
- Lose a favorite toy for a time.

- Give extra chores.
- Throws Tantrum, they lose even more time or privileges.

Types of Consequences:

Earns reward:

- Small rewards each day that builds up to a big one.
- Plan a big activity that is attainable over time.

Loses Reward:

- Give something to start with and lose a little each time misbehavior occurs.
- Lose toys or privileges for a time for misbehavior.

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- **NATURAL CONSEQUENCE:** An unpleasant experience happens as a result of an action or behavior without any interference from another person or parent.
 - **LOGICAL CONSEQUENCE:** Parents or others decide an unpleasant experience that teaches a child to change a behavior as a result of that behavior or action.

- ❖ Help children think of unpleasant experiences that can happen from their actions before they do them.