

USE "LOGICAL CONSEQUENCES"

Example: Child doesn't clean their room when asked.

Consequence: Child can't leave the house/participate in fun activities until their room is cleaned.

USE "NATURAL CONSEQUENCES"

Example: Child doesn't put on their jacket when asked.

Consequence: Child experiences feeling cold.

"LOGICAL CONSEQUENCES" SHOULD ALWAYS BE:

- Related
- Reasonable (severity should match the behaviors)
- Respectful (should preserve the child's self-esteem)
- Revealed (child should be aware of the consequences before-hand)

IS THIS A MOMENT TO GIVE A CONSEQUENCE?

1. "You break it, you fix it"
2. "Loss of Privilege"- when a child defies, tests, or forgets a rule
3. "Positive Time Out"- when a child needs a way to calm down
 - i. Have a pre-established place to calm down and think
 - ii. Then return to activity or return for a discussion

TEENAGERS:

Always give consequences that make them *practice* something

- Example: Take away video games until teen can go 2 hours without swearing
 - This requires exercising the "self-control" part of the brain
- **Remember**:** You can't get a child (or anyone) to not feel angry/sad/etc.

RESPONDING TO FEELINGS

1. "I understand you're feeling....but..."
2. "Yelling won't get your...back."
3. "Once you're able to...appropriately for 2 hours, you can get your...back."

(Months and weeks of consequences are not effective- kids lose interest and adults forget!)

CONSEQUENCES

Consequences should always be related to **PRIVILEGES** the teen is interested in

- You can work with the teen on privileges and consequences together and have the family involved
- Everyone will be prepared and will understand the broken rules and consequences ahead of time

****REMEMBER: CONSISTENCE IS KEY****