

# My Child Won't Listen!

When there is a power struggle with a child no one wins. To avoid the struggle have a plan to step-up consequences when step one doesn't work. Choose the category that works best for your situation and pick an option. If that doesn't work choose a new category or different option until the task is done or until you need a break.

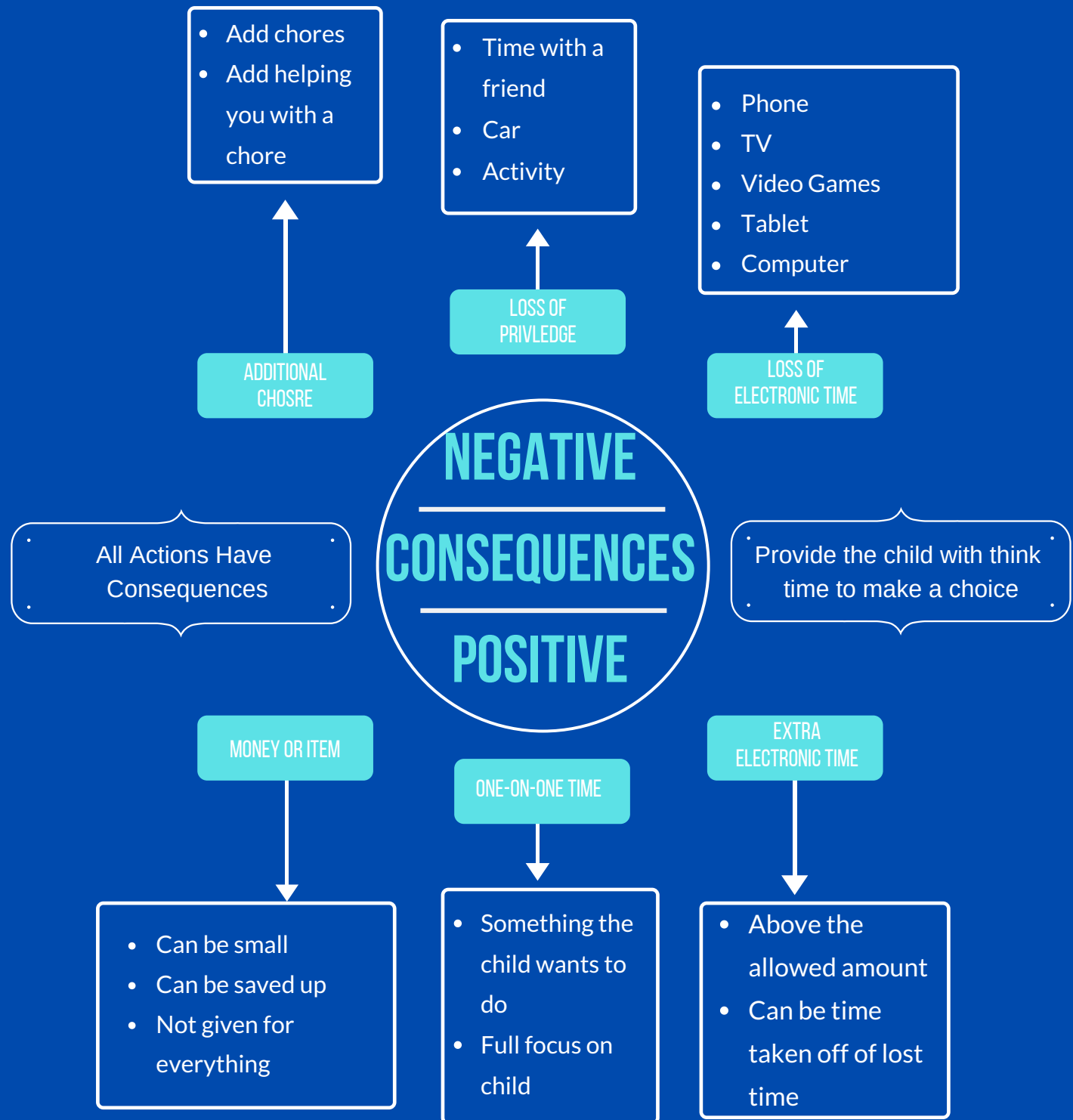
## Keys to success:

- State your expectation, consequence, or choice calmly and as a fact.
- Do not engage in arguing
- If the child will not make a choice then you make the choice for the child
- Do not make this about winning or exerting your authority
- Natural consequences are best whenever possible



# CONSEQUENCES FOR TASKS NOT DONE

- All actions have consequences - either positive or negative.
- Not all consequences need to be negative.
- Positive consequences are more important than negative consequences.
  - They are given when a child does what is expected.
- All consequences need to be age appropriate and reasonable.
- The MOST important thing is follow through.
- If you can't follow through, do not give the consequence.
- When giving money or an item do not give it all the time, but for exceptional circumstances or specified tasks.
- Electronic time can be purely earned and not given.
- If giving extra chores be sure that you can enforce it.
- Give the child adequate time to complete the task.
- See stating and following through with consequences flow chart



# CONSEQUENCES FOR BEHAVIOR THAT HURTS OTHERS

- All actions have consequences - either positive or negative.
- Not all consequences need to be negative.
- Positive consequences are more important than negative consequences.
  - They are given when a child does what is expected.
- All consequences need to be age appropriate and reasonable.
- The MOST important thing is follow through.
- If you can't follow through, do not give the consequence.
- When giving money or an item do not give it all the time, but for exceptional circumstances or specified tasks.
- Electronic time can be purely earned and not given.
- The best consequence is one with restitution.
- If an apology is not sincere, have the child write it.

