



How Will Effective Consequences Help My Child?

Effective consequences help your child choose better behavior more often. Otherwise, her behavior may change for the moment but will come back again and again and again.

What Can I Do?

When your child misbehaves, remember these tips:

- 1. Consequences should be short.**
For example, take a toy away for a day rather than a week.
- 2. Consequences should “fit the crime.”**
For example, don’t cancel a birthday party for a typical misbehavior.
- 3. Consequences should be given right away.**
- 4. Consequences should be given each time the misbehavior happens. One time is rarely enough.**
- 5. Don’t let your child talk her way out of a consequence. She learns to manipulate you when you “take back” a consequence.**
- 6. Try to be calm when giving a consequence. If you scream and yell, your child thinks she’s being disciplined because you’re mad, rather than because her behavior was wrong. Let her learn from the consequence.**

Notes & Tips for my child...

Rewards for Life!

Effective consequences help children develop self-discipline and build life-long respectful relationships with their parents.

These are general guidelines, not medical advice, for children ages 3 years and older. Consult a physician or mental health professional for specific problems or concerns about an individual child.

For more ideas and resources to help develop children’s social-emotional skills and healthy decision-making visit AcornDreams.com, a service of Wingspan, LLC.

