

# Using Consequences

Shows kids there are consequences to how they act and behave. Parents should set reasonable limits on children's behaviors.



## Examples of Consequences

**"If you can't play with your toy the right way, then I will take it away."**



**"If you can't play nicely together, then play time is over and we will go home."**



## Pointers for Parents:

- *Use consequences for minor but annoying behaviors that happen again and again; or, ignore unwanted behaviors.*
  - *Use an "If-Then" or "When-Then" statement to tell him what will happen next if he/she does not stop his behavior.*

*"If you do not stop fighting with your sister, you will lose the toy and both of you will go in time-out"*
- Make eye contact and use a firm but calm voice.  
Give your child a chance to act the right way or his/her behavior will earn him a consequence.
- *Don't wait too long to give your child the consequence.*  
A consequence given immediately after misbehaving helps your child understand what your expectations are.  
Consequences show your child you mean business. It helps them learn your rules. Giving in only teaches your child how to get their way.
  - *Be prepared to ignore your child if he argues, whines or cries.*  
Ignoring means paying NO attention their arguing, whining, or crying.
  - *Consequences should be brief, reasonable, logical, and delivered calmly.*

*"I'm sorry you couldn't play nicely with that toy, so I'm taking it away.  
Maybe you'll do better tomorrow. "*
  - *Chances are children in foster care may have not had much structure or routine. For children who have experienced trauma or neglect, be sensitive to the type of consequences given.*

**Consequences teach kids there are limits to their behavior.**

**Kids stay safe and learn if they have limits.**