



MORE THAN ANNOYANCES

NATURAL CONSEQUENCES

- Don't fix it!!!!
- The punishment should fit the crime.
- For example, "I am sorry that the dog ate your headphones; however, we have discussed many times what might happen if you leave your headphones on the floor. I will not be buying you new headphones."

TIME-OUT

- Use for younger children.
- If appropriate, give a warning.
- Send to time-out immediately following the behavior.
- BE CONSISTENT!!!!
- The time-out should take place in a dull, non-stimulating environment for a short period of time. (A general rule of thumb is that time-out should last for 1 minute per year of your child's age).
- Time-out begins when your child is sitting quietly in the time-out place.
- Ignore your child while he/she is in the time-out.
- Children should not be able to engage in any other activities until time-out is served.
- Try to avoid giving speeches. However, if you must say something, describe your child's behavior and the consequences of the behavior (For example, "It is not okay to push your brother; he could fall and get hurt. You must go to time out for 6 minutes).
- Let your child know when time is up and that he/she can come join the family when he/she feels like it.
- When time-out is over – WIPE THE SLATE CLEAN. Be nice!



REMOVING REWARDS AND PRIVILEGES

- Use for older children.
- Keep in mind your child's personality (one child's punishment is another child's reward).
- The consequence should be of sufficient size to make an impression but DON'T TAKE TOO MUCH FOR TOO LONG.
- You must be able and WILLING to enforce the consequence.
- Examples of privileges that can be removed:
 - Telephone
 - Allowance
 - Screen time
 - Use of bike/scooter/car
 - Playing with video games
 - Rides to requested places
 - Internet time
 - Staying overnight with a friend
 - Attending a party/concert
 - Playing with friends
 - Use of iPod
 - Job/After school activities