



Setting consequences:

1) Think: Can I live with it and is it safe?



2) Get attention and give one clear warning

3) Do it right away

4) Don't lecture about outcome of natural consequences



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Once the time out is complete, your child should go back and do what you wanted them do in the first place.

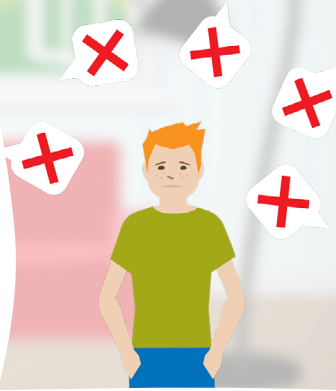


3

Do not use consequences when health and safety are involved.



Out of every 5 things you say to your kids, 4 things should be positive.



This will make anything negative you need to say more impactful.



4

5

If time out isn't working:

- 1. Calm yourself and repeat your instructions
- 2. Move to a chill out and try again later
- 3. Try a different strategy



Consequences:

1. Don't overuse them! (4:1 ratio)
2. Make them time limited
3. Follow through!
4. Be consistent



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