

5 COMPONENTS OF EFFECTIVE NEGATIVE CONSEQUENCES

IMMEDIATE

Should be given as soon as possible after the negative behavior to help your child connect the consequence with their behavior.

DEGREE/SIZE

How big or small the negative consequence is. The negative consequence should match the size of the unwanted behavior.

CONSISTENT

Follow through with a negative consequence every time the behavior happens.

IMPORTANT

The negative consequence has to be meaningful to your child.

VARIED

Switch up the consequences by using a variety of consequences for different negative behaviors. The same consequence for everything becomes less effective.