



## Steps for Giving Choices and Consequences

- 1 Be clear and specific about the positive and negative choice of behaviour, and the positive and negative consequences that will follow.
- 2 Relate the consequences to the behaviour.
- 3 Choose consequences that mean something to the child.
- 4 Don't use threats, a threatening manner, or ultimatums.
- 5 Don't give a choice when there isn't one.
- 6 Choose consequences you can keep to (without "punishing" yourself).
- 7 Don't demand an instant answer – give the child a few moments to reflect.

It can be tricky to know what behaviour we want. It can be equally hard to risk describing the behaviour you don't like, which is often how the child has already begun to behave. But you don't let it go on for ever. Whichever behaviour the child chooses next, you apply the consequence that matches it.

Things often seem harder in theory than they are in practice. Here's an example of Choices and Consequences.

Joya, you have a choice.

You can either let me talk on the phone

or you can interrupt me.

If you choose to let me finish my call

then you can use the phone later to talk to your friends.

If you choose to interrupt me again

then you can't use the phone again this evening.

It's up to you – it's your choice.

