

CONSEQUENCES FOR UNWANTED BEHAVIOR

This guide is for parents to help them make appropriate consequences for unwanted behavior. With the consultation of your therapist, these worksheets will produce a set of consequence cards that you can use when your child misbehaves.

PROCEDURES

After completing these guided instructions, you can cut out the cards and place them in a bag or box. When your child misbehaves, have them randomly draw a card. They are to do the action on the card right then. Once the card is completed, the child can resume normal activities.

If the card is not completed to the parent's satisfaction, then they have one chance to correct it. The parent should encourage the child and let them know what they need to change to satisfy the parent's wishes. If they still fail to comply, then they must draw another card and complete both.

Some children may refuse to do a card. If so, they are sent to a designated waiting place to wait until they are ready to do the card. The waiting place should be agreed upon ahead of time. Good choices would be a spare bed or a large chair away from any distractions.

While in the waiting place, they are only allowed to read, sit, or sleep. No TV, games, phone, talking to others, or other activities. They may get up at any time to complete their card.

When the card or cards are complete, the child is done with their consequences. They can resume normal activities. Parents should avoid lecturing or using a harsh tone or loud voice.

KEY POINTS

- The consequence is random, so the child will not feel like you are being overly hard on them.
- It is the child's choice to do the card immediately or not. There is no need to lecture or complain if they choose to sit in the waiting place.
- Encourage rather than fuss. This is designed to reduce conflict between you and your child. Keep as cool as possible and let the consequences speak for themselves.
- This is not designed to work all at once. It is with repeated consequences that your child will learn that it is better to avoid misbehavior in the first place.

CHORE-LIKE CONSEQUENCES

The first cards to develop are all chore-like tasks. These can include tasks that often need doing around the house. Examples include taking out the trash, loading the dishwasher, cleaning the mirrors in the bathrooms, dusting the house, and picking up the den or family room.

Think about the things that can be done around your house and come up with about five appropriate chores to include in the consequence cards.

Consider if the task can be done immediately or not. It is best if it can be done immediately and almost always needs doing.

Write the tasks in the spaces below.

ACTIVITY CONSEQUENCES

The next set of cards are activities that your child can perform. They do not need to be particularly difficult but should be somewhat challenging. These can include exercises that can be done without need for special equipment.

Examples include 25 push-ups or 30 sit-ups or crunches. If special equipment is usually available then you could include things like walking on a treadmill for 1/2 mile or shooting 40 free throws.

These activities must be within the child's normal ability range. Care should be taken to not have the child over extend themselves while performing these activities. A lower number of repetitions may be needed for younger children or children that have not done a lot of physical conditioning work.

Use these spaces to write down about five activities that your child could reasonably do right when they are asked.

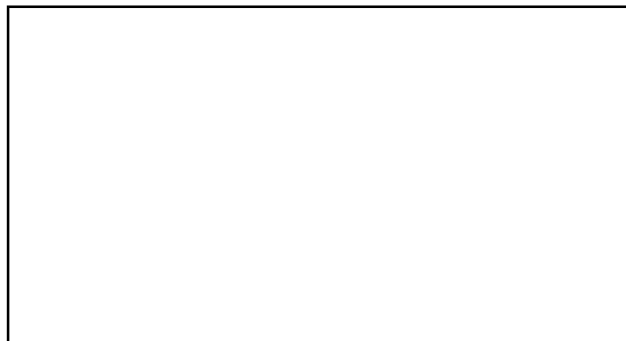
POSITIVE BEHAVIORS

The next set of cards includes positive behaviors. These are things that emphasize the behaviors you would like to see your child do instead of their negative behaviors. These can be creative activities or acts of kindness or some other wanted behavior.

Examples of these are "Write a letter to your grandmother," "Ask everyone in the house if they would like a snack and get it for them," or "Draw a Thinking of You card for someone we know in a nursing home."

Remember the child should be able to do the task right away. Note that these do not have to be things that the child does not like to do. It is okay if a consequence is somewhat enjoyable. Here the message is "I don't want you to do what you did, instead do this."

Use the spaces below to write three positive behavior cards.

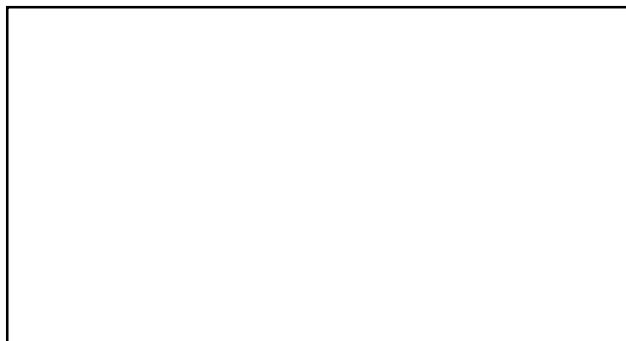
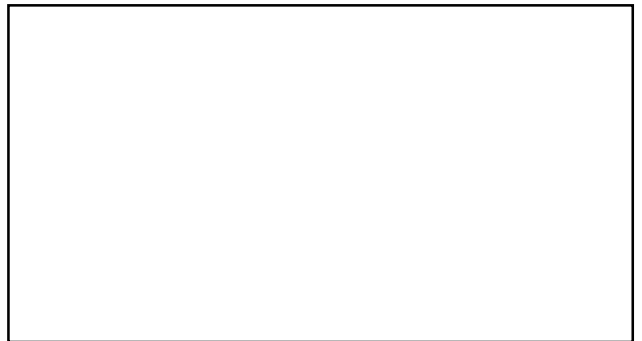
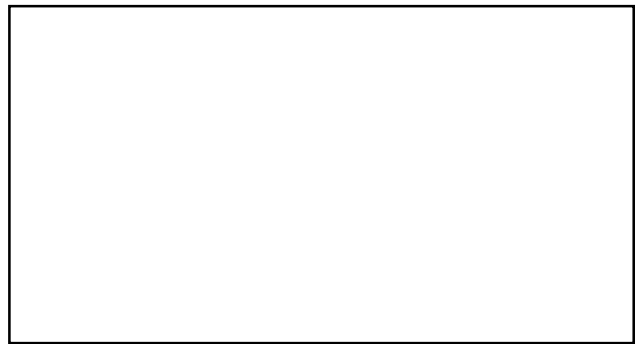
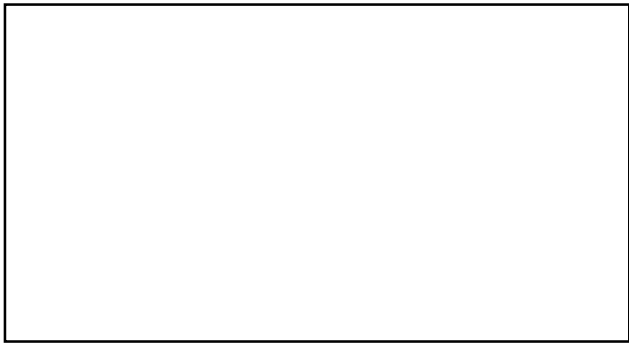


ASSIGNMENTS

These cards include doing practice worksheets and school related assignments. These should be aimed at the child's grade level and be relevant to their education.

Examples include "Complete a math worksheet", "Write out a times table for 1 to 10", or "Practice your handwriting by copying five sentence from a book."

You will need to have some worksheets on hand if you choose to include this on a card.

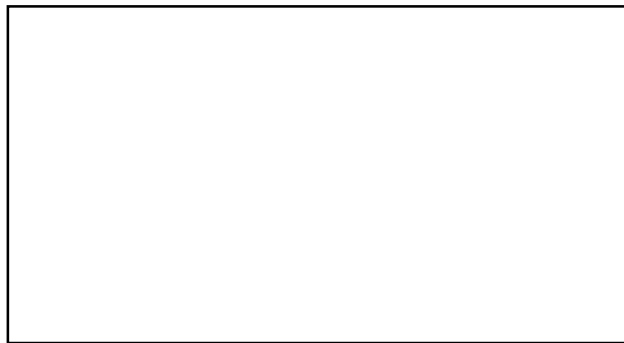
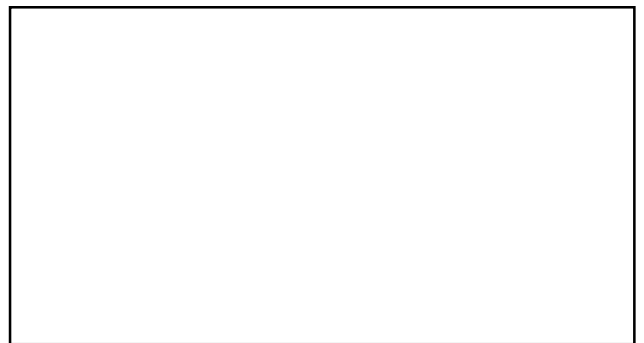
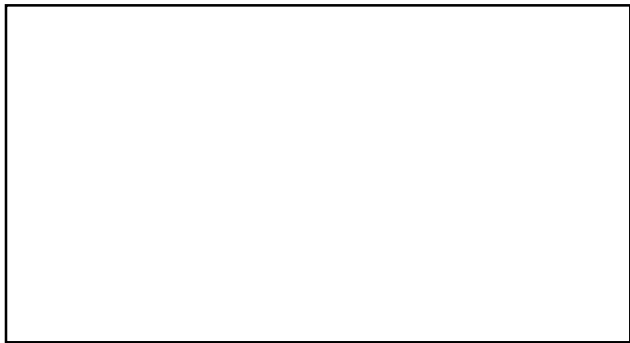


THINK ABOUT IT

The final set of cards include activities that have the child give thought to their behaviors, the effects they have on others, and things that could do instead. A sample worksheet is included in the handout.

Examples for these cards are "Complete the Think About It Worksheet," "Name five things I could have done instead of what I did," or "Tell what I think everyone in the family thinks about what I did and how it affected them."

Wording for these cards should be adjusted to the child's level.



THINK ABOUT IT WORKSHEET

Answer each of the following questions in a complete sentence.

What did I do that was wrong?

What am I expected to do instead?

Why is this a good thing to do?

Who does my misbehavior hurt?

How did my parents feel when I did this?

How can I make up for what I did?

GRACE CARD

Finally, I usually recommend that one card be a grace card. This card lets the child know that sometimes you will experience situations or people that do not cause you harm for your misbehavior. We all experience being let go even though we deserve the consequences we could get. This card implies that we should be thankful that we can sometimes simply be forgiven.

If you choose to include a grace card, you may want to explain to your child why you feel that grace and forgiveness is important. You may also share a time when you experienced unexpected forgiveness yourself.

GRACE CARD

There are no consequences for your behavior
this time.