



consequences

A consequence is the result or outcome of something, and is one way children learn about their behaviour. A parent's role is to teach their child how their actions impact others/self.

There are two types of consequences: natural and logical. A natural consequence is something that happens as a result of an action, while logical consequences are planned by parents and relate to the behaviour.

Always explain the consequences to a child before they engage in an activity. This will help guide their behaviour and assist them in making decisions.

Consequence vs Punishment: There is a difference.

Example situation: If you want to ride your bike then you have to wear your helmet.

Logical Consequence

"Your choice is to put on the helmet and ride the bike or leave the helmet off and find another activity"

Punishment

"You are not riding your bike at all for the next two days"

Example situation: 5-year-old Sara rides her bike into the street after being asked not to.

Logical Consequence

"You'll have to choose another activity for the rest of the morning because it isn't safe for you to ride your bike into the street. You can try your bike again in the afternoon if you can remember to ride on the sidewalk only"

Punishment

"You broke the rules so now I'll be taking your bike away, and you can go to your room for the rest of the morning"

Remember: it will take time for your child to understand the consequences of their actions.

Remember: it takes practice to come up with consequences that will help your child learn – give yourself time.

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Just Remember

How To Set Limits That Work

Set a few important limits, starting with safety

Limit: on our way to the park, hold my hand when we are crossing the street so that you are safe

Choice: hold my hand or my coat

Consequence: if you do not hold my hand or coat then we won't be able to cross the street and go to the park

Be fair and clear

Ask yourself, does your child understand the limit?

Keep your instructions short and to the point

Be a good role model for your child

If eating at the kitchen table is your expectation for your child then you need to do the same

Set limits that you will follow through on

Your child will trust and believe in you when you follow through on what you have stated. Example: when you are sitting at the table I can give you your snack

Have the same limits every day

This provides consistency which helps your child learn what to expect

State limits positively

Tell your child what you would like them to do not what you don't want them to do Example: for child jumping on the couch tell them that they need to sit on the couch and let them know where it is okay to jump

As your child grows the limits will need to change

Changing limits helps to support your child's development and respects their growing independence