

Consequences help children learn that their actions lead to results, both positive and negative.

Positive

Behavior that is followed by a positive consequence is more likely to occur again.

Negative

Behavior that is followed by a negative consequence is less likely to occur again (or will not occur as frequently).

Exercise #3.1

Take some time to identify the consequences you now use with your children. List them in the following spaces.

List 3 negative consequences you give your child

1. _____
2. _____
3. _____

List 3 positive consequences you give your child.

4. _____
5. _____
6. _____

Now take a moment to evaluate the effectiveness of the consequences you listed above. Remember the elements of effective consequences as discussed in Class #3:

- **Immediacy**
- **Frequency**
- **Degree**
- **Consistency**
- **Importance**