

Creating a Contingent Environment

In order to teach our children that behaviors lead to consequences, it is important to create a Contingent Environment. Remember, we can do this both before and after behaviors occur.

Before Behavior

"If you do this... then this will happen."

After Behavior

"Since you did this... now this will happen."

Exercise #3.2

Think about your own child's behaviors. List ways you can start to create a Contingent Environment based on his or her common behaviors and the consequences you tend to use. Try to find both positive and negative examples.

Before Behavior

Example: "If you do your homework before dinner, you may visit Sally after dinner."

List 3 "Before Behavior" examples of your own.

1. _____

2. _____

3. _____

After Behavior

Example: "Since you left the house after school without permission, you cannot go out again tonight."

List 3 "After Behavior" examples of your own.

4. _____

5. _____

6. _____