

## Positive Consequences

Using positive consequences is one way to increase the amount of time that kids spend doing positive things.

Bribery occurs when rewards are given for inappropriate behavior. For example, giving a child a candy bar to stop him from crying in the grocery store checkout line is a bribe. Positive consequences are not bribes.

## Exercise #3.3

Think of positive consequences you can use with your own child. If you have difficulty thinking of positive consequences, think about what he or she likes to do in their free time.

**Activities**—What everyday activities does your child like to do?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**People**—Who does your child like to spend time with?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Possessions**—What kind of material objects does your child like?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Attention**—What kinds of specific attention does your child like?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Special Activities**—What are your child's favorite foods and beverages?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Other Rewards**—Is there anything else that your child likes?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_