

# *Choices and Consequences*

Tips for using consequences:

1. Consequences should make sense
  - the consequence you choose should be logically connected to the child's misbehavior
  - this helps the child learn that he has some power over the consequences that happen to them
2. Keep your tone of voice firm and calm
  - if you yell or are angry, your child will only know you are mad; if you use a firm and calm voice, they will listen to your words
3. Give only choices and consequences that are OK with you
  - you are the parent, you have the right to limit your child's choices to ones that you approve
4. Give the choice one time then act
  - when you give a choice and don't act, your child learns to not listen to you