

## Effective Consequences for Reducing Misbehavior

Consequences works best if they have these characteristics.

Remember to TEACH your child!

### **T (time)**

- Immediate: discipline right after the misbehavior
- Short: no discipline should last longer than an hour for young children!

### **E (execute)**

- Follow-through: stick to the discipline once you give it

### **A (appropriate)**

- Let the punishment fit the crime: use a consequence that matches the severity of the misbehavior. In other words, don't overreact!
- Individualize punishment to the child: get to know what works best with your particular child—what they respond to and what they don't respond to

### **C (calm)**

- Matter-of-fact: discipline without yelling or criticizing
- Be a good model: show your child how you want him/her to behave

### **H (help)**

- Help your child move on to more positive behaviors
- Help your child realize that it is the behavior, not him/her, that you disapprove of