

What Is a Consequence?

Planned Consequence: A consequence is the result of a specific action. To decide on a consequence, the parent and child talk about a specific rule. They then agree on what will happen if the rule is broken. The consequence matches the broken rule. The child knows in advance the consequence for breaking a rule.

Example: Alex is five years old and likes to play baseball. one time he threw his ball in the house and broke a clock. He and his mother talked about the rule and the consequence for throwing a ball in the house. If he throws a ball in the house, it will be taken away for two days. The next time he threw the ball in the house, his mom reminded him of the rule. As a consequence, the ball was taken away for two days.

Angry Punishment: Sometimes a consequence is given in anger. This often happens when the parent and child have not talked about rules and consequences. Angry punishment will not help a child learn to follow rules. This causes a child to become confused and afraid.

Example: Alex is five years old and likes to play baseball. He threw the baseball in the house and broke a clock. His mom screamed at him and took the ball away. She then spanked him and sent him to his room. He was now confused because he had played with a ball in the house before without having any problem.

Work with a partner and take turns playing the parent and child to determine a consequence for these situations:

1. Ashley is 11 years old and her best friend lives down the street. She is supposed to be home by 5 o'clock and is often late. Set up rules and consequences with Ashley.
2. Ted has lots of homework. If he doesn't keep up with his homework, his grades go down. He likes to watch TV. Sometimes he doesn't start his homework until it is too late in the evening. Set up rules and consequences with Ted.
3. Tina is five years old. She likes to ride her bike on the front sidewalk. Her mother told her she could ride as far as two houses in either direction. When her mom isn't looking, Tina rides to the end of the street. Set up rules and consequences with Tina.
4. Devin is ten years old and hates to clean his room. His mom asked him to clean his room before going out to play. He pushed everything under his bed and went out of the house. Set up rules and consequences with Devin.

Consequence or Punishment?

1. Jasmin lost her car privilege this weekend because she broke the rule about being in by 10 o'clock.
2. Tremain's dad yelled at him and took his car keys for two weeks because he came in at 10:30. All last week he came in at 11:00 and didn't get in trouble.
3. Alex lost his dessert privilege after dinner because he accidentally spilled his milk.
4. Eddy lost his dessert privilege because he didn't follow the rules to clean his plate.
5. Amber broke the rules by playing with her paints in the living room. She dripped paint on the carpet and her mom took the paints away.
6. Jack got a spanking and was sent to his room because he had spilled paint on the carpet. He had always played with toys in the living room and never got in trouble before.
7. Art knew that he was restricted from riding his bike. He rode it out of the neighborhood just when his mom was coming down the street.
8. Maria couldn't understand why she had to go to bed without dinner. She just didn't hear her dad when he called her to come inside.
9. Jesse lost his TV hour after dinner. He broke the rule and didn't have his homework done.
10. Angel got a "D" on her math test. Her mom screamed at her and restricted her from playing outside and watching TV for two weeks.
11. Erica just got a "D" on her math test. She knew she would lose her phone privileges until she brought up her grade.
12. Jason was cleaning his room. He couldn't play until he had everything put away.
13. Abby couldn't go out to play for one week because she didn't clean her room. So she just played in her messy room until the week was over.
14. Adolpho knew he deserved to be on restriction. He broke a rule and went to a friend's house without asking or leaving a note telling where he was.