



Shield Bearer Counselors Corner

What is a good consequence for misbehavior?

By Tammy J. Cover, MS, LPC-intern and mother of young men 20 and 25 years old

You have a child (or more than one) that consistently doesn't follow through on her responsibilities or does things he/she knows are not allowed. You have nagged, repeated, bribed and nothing seems to work. You have heard of consequences so you try grounding and timeout. Your kid is mad at you but still persists in the behavior. Parenting coach Amy McCreedy has laid out a straightforward 5 R's of effective consequences. When the consequence meets these 5 R's it will have the most effect. Kids will understand that the consequence is tied to the behavior. They won't be shamed or belittled. They will be able to recognize that they can have some control over their lives by making appropriate choices. Here are the 5 R's to help you determine the right consequence for your child's misbehavior.

5 R's of Fair & Effective Consequences

RESPECTFUL - calm and respectful voice (or they shut down)

RELATED - makes the connection from the problem to the consequence (eg. didn't brush teeth=no sweets)

REASONABLE - (4years 1 day; 14years 1 week)

REVEALED IN ADVANCE - so the child can make a choice "I am sure we won't have an issue with this, but if you choose not to...."

REPEAT BACK TO YOU - the child repeats the consequence if they don't listen back to you as a verbal agreement."

Consequences will not solve every behavior issue with children. The right consequence will solve a lot of behavior issues. Upcoming articles will address issues such as parenting from your relationship rather than your power, avoiding power struggles and how to get kids to talk.

5 R's from "Get Kids to Listen without Nagging, Reminding or Yelling" by Amy McGreedy

**Adapted from Jane Nelsen, Ph.D. & H. Stephen Glenn*