

## Steps for Giving Choices and Consequences

- 1 Be clear and specific about the positive and negative choice of behaviour, and the positive and negative consequences that will follow
- 2 Relate the consequences to the behaviour
- 3 Choose consequences that mean something to the child
- 4 Use a calm, clear voice; threats, a threatening manner, ultimatums are counter-productive
- 5 Only give choices if it's right for the situation
- 6 Choose consequences you can keep to (without "punishing" yourself)
- 7 Give the child a few moments to reflect before asking for a decision

It can be tricky to know what behaviour we want. It can be equally hard to risk describing the behaviour you don't like, which is often how the child has already begun to behave. But you don't let it go on for ever. Whichever behaviour the child chooses next, you apply the consequence that matches it.

Things often seem harder in theory than they are in practice.

*Here's an example of Choices and Consequences:*

Eden, you have a choice.

You can either help me tidy away the toys or you can leave me to do it.

If you choose to help me then we'll have time for an extra story.

If you choose not to help then we won't have time for the extra story.

It's up to you – it's your choice.