

# LOGICAL CONSEQUENCES

## **You Can Transform Your Child's Behavior With Teachable Moments**

You don't need to invent consequences for your child's unsafe or inappropriate actions; they occur naturally. Logical consequences are the natural outcomes that occur from your child's actions and can provide meaningful opportunities for repairing harm and following through with responsible decision making.

### **Teach your child how their actions impact others around them by following through with logical consequences.**

You can guide your child to take responsibility for any harm caused or damage done while teaching them that every action has a reaction.

One size does not fit all when teaching cause and effect. After unsafe or inappropriate choices are made, reflecting on the harm caused and what other options were possible helps your child understand the range of possibilities in their decision making.

Each time your child breaks a rule, carefully consider:

- What was harmed?
- How can you help your child reflect on what was harmed?
- How can you guide your child to help heal or repair what was harmed?

Involve your child in deciding how to make the situation right and support them through the process of making what's broken whole again (especially when it involves others' hurt feelings). This will help them internalize responsible decision-making skills.



# Ways to Support Logical Consequences:

## Deal With Feelings First

- Behaviors are influenced by feelings
- Feelings are spontaneous reactions to people, places, and experiences
- Feelings range from basic (e.g., hungry and tired) to complex (e.g., unsafe, insecure, disconnected)
- Look past the behavior to uncover the feeling that is motivating the behavior

## Model Self-Management Skills by Taking a Parent Time Out

- Take time to regain your calm before reflecting on the situation at hand

## Guide Your Child to Calm Down

- Have a calm down plan in place for your child in advance
- Refer to the calm down strategies you have brainstormed together

## Model the Skills

- Show how you repair harm after making mistakes and how you repair relationships
- Show that you don't always get things right and that you are willing to apologize and recognize how your actions impact others
- Make amends – fix what is broken together

## Focus on Decision Making

- Ask about your child's thought process and reflect on the outcomes together

## Intentionally Practice

- Be deliberate about following through on logical consequences
- The more you practice these skills together, the more likely your child will access them when needed

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