

Incredible Years – Week 8 Agenda

- **Check In:**

Any struggles? Successes? TO Attempts? Any calm down strategies that YOU used?

- **Logical Consequences -- Vignettes**

Brainstorm Activity:

-Possible logical (loss of privileges) or natural consequences, including work chores for a 9-12 y.o who refuses to obey?

Review KEY CONCEPTS:

*Importance of following up on failure to follow rules or commands with a consequence

*Avoiding power struggles that reinforce misbehavior through lack of follow through or repeated commands.

*Do the positive first – praise compliance

*Maintain self-control

*Recognizing when to use logical consequences or privilege removal

*Determining age-appropriate natural and logical consequences

*Recognizing when to use logical consequences or privilege removal or start up commands

*What to do when discipline doesn't seem to work

*Understanding how natural and logical consequences increase children's sense of responsibility

*Understanding the importance of parental monitoring at all ages

*Continuing to strengthen prosocial behaviors through special time, coaching, praise and incentives.

- **Questions Parents Have about "Time Out" Skills:**

*What kinds of misbehaviors would I use a natural or logical consequence for?

*What kinds of consequences are developmentally appropriate for children?

*What about consequences that are neither natural nor logical? I.e. Washign mouth out with soap

*Are some consequences too remote to be effective?

*Can some consequences be too punitive?

*Can some logical consequences be too long?

- **Home Activities for the Week – Class documents on website**

www.ButlerEarlyAccessNetwork.org