

Handouts & Refrigerator Notes

Logical Consequences



NOTE: The handouts in this section may be kept as master copies and photocopied for reuse with your parent groups. All copyright information must be maintained and you may not alter any of the content on these materials.

These handouts are also available on our website, www.incredibleyears.com (in *Group Leader Resources* section).



HOME ACTIVITIES FOR THE WEEK



To Do:

- **CONTINUE** using Time Out for aggressive behaviors.
- **USE** the principle of “logical consequences” or privilege removal or work chore for a misbehavior that occurs during the week and write the results on the Record Sheet: Logical Consequences hand-out.
- **CHOOSE** a positive behavior to systematically give attention to through the use of praise, reinforcement, and comments.
- **DESCRIBE** a situation in which the child continues to misbehave, and try to analyze why this is happening.

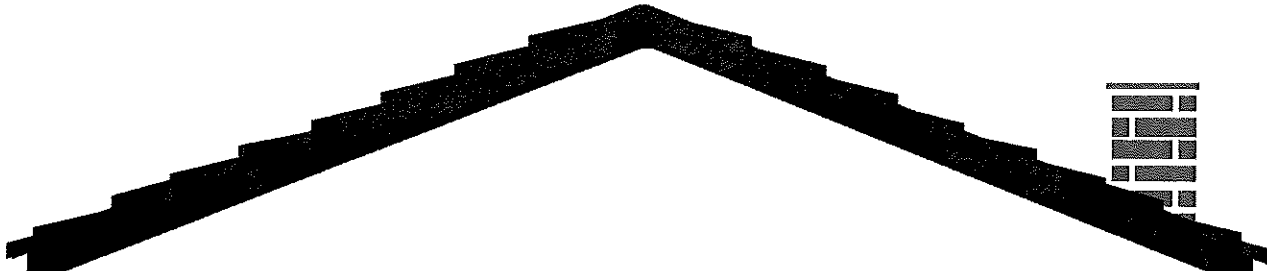


To Read:

Chapter Seven, *Natural and Logical Consequences*, in *The Incredible Years*.

Caution: Remember to continue special time!

Parents Working Like Detectives: See What You've Learned!



HOME ACTIVITIES FOR THE WEEK



To Do:

Make a list of what strategies you would use for the following misbehaviors. Add other misbehaviors you are wanting to manage.

Misbehavior

1. Hitting and shoving
2. Refusal to do what parent asks
3. Stealing
4. Lying
5. Refusing to do homework
6. Not being home after school on time
7. Smart talk/arguing
8. Resisting doing homework
9. Stomach aches and headaches
10. Inattentiveness and impulsivity
11. Leaving family room in a mess

Discipline Strategy

Parents Working Like Detectives: See What You've Learned!

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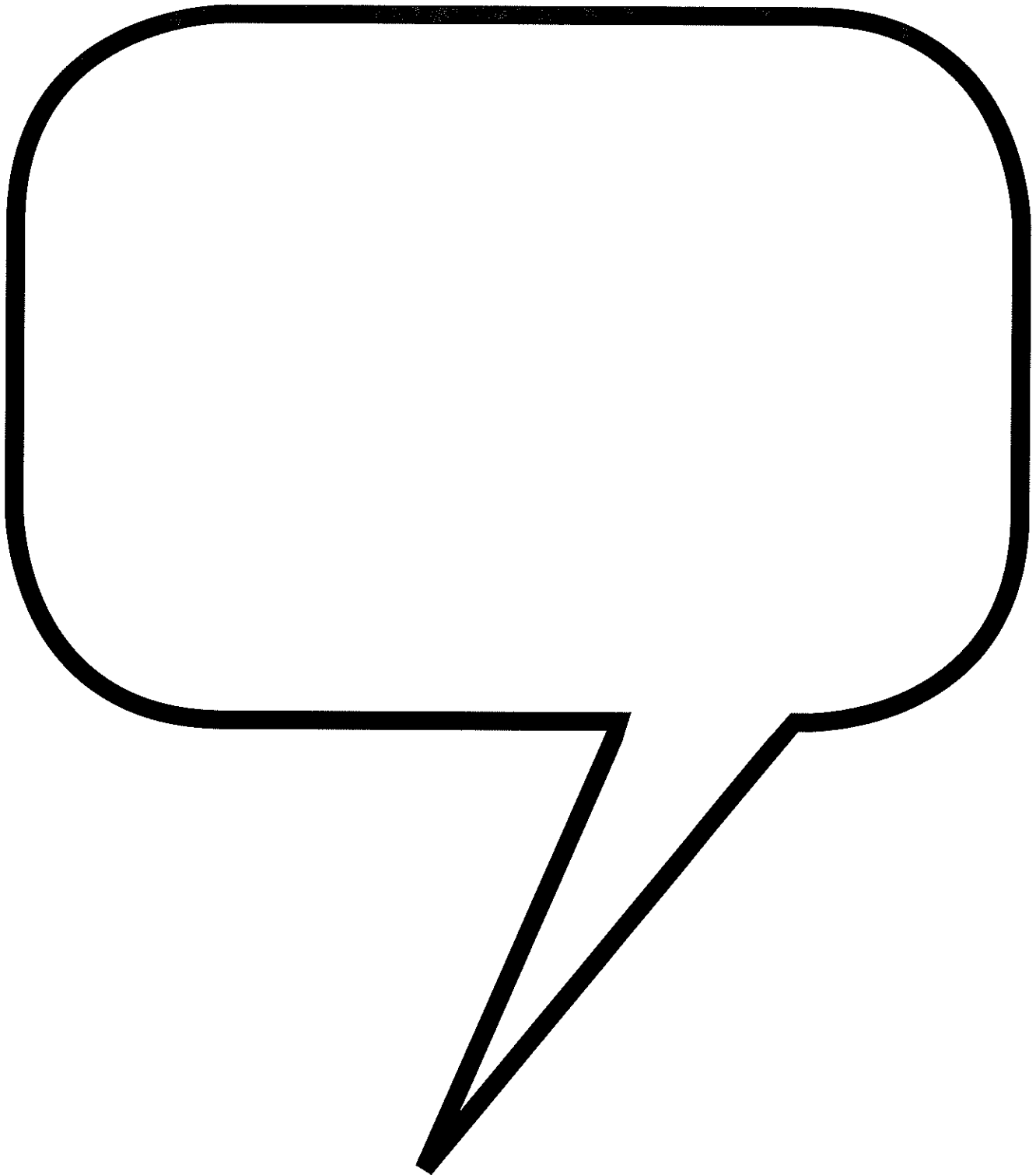
Misbehavior	Discipline Strategy
12. Criticizing / fighting with a sibling	<hr/>
13. Chores not done	<hr/>
14. Missing school bus	<hr/>
15. Leaving bike, other toys, and other sports equipment outside	<hr/>
16. Exploding in anger / screaming	<hr/>
17. Watching too much TV or computer games	<hr/>
18. Hiding notes from the teacher	<hr/>
19. Acting like a younger child	<hr/>
20. Refusing to go to bed at bedtime	<hr/>
21. Phone calls to/from friends when homework/chores not finished	<hr/>
22. Swearing	<hr/>

Record sheet: Logical Consequences

Example of Logical Consequences	Child's Response
<i>Example: loss of computer privilege for evening (or TV/telephone)</i>	

Record sheet: Work Chores

Example of Work Chores	Child's Response
<i>Example: 30 minutes of work (e.g., vacuum downstairs, sort laundry, wash windows, rake leaves)</i>	



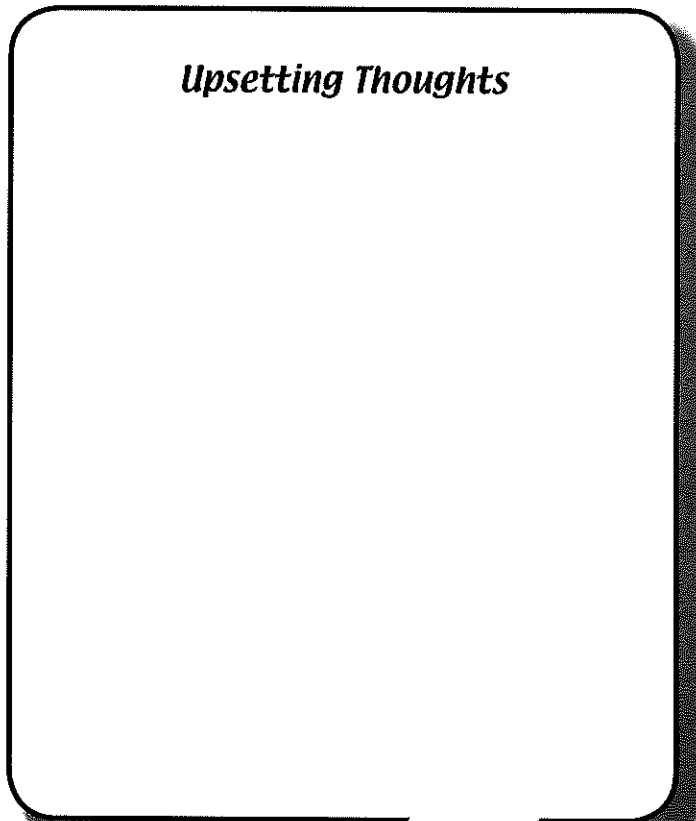
***Write your own positive coping statements and
practice them during the week.***

Self-Talk in Problem Situations

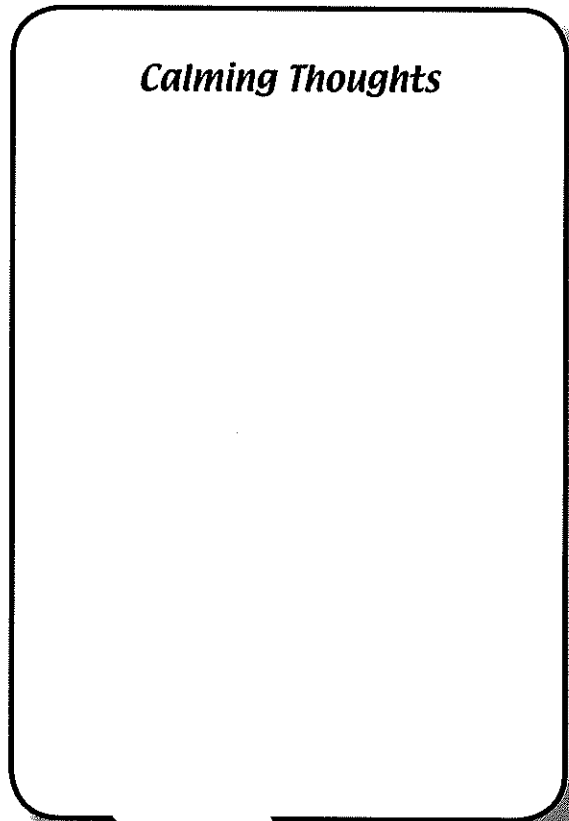
Identify a problem situation and the upsetting thoughts you have at the time. Write down some alternative calming thoughts that you might use to redefine the situation. Next time you find yourself using negative self-talk, give yourself some time to think positively and consider the alternatives available to you for dealing with the situation.

Problem Situation: _____

Upsetting Thoughts



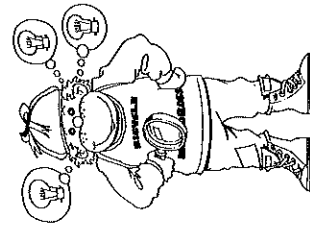
Calming Thoughts



Points to Remember about Natural and Logical Consequences

- Make consequences age-appropriate and fair.
- Be sure you can live with consequences you set up.
- Make consequences immediate.
- Give child choice of consequence ahead of time.
- Make consequence natural and nonpunitive.
- Involve child whenever possible.
- Be friendly and positive.
- Use consequences that are short and to the point.
- Quickly offer new learning opportunities to be successful.

Remember once the consequence is completed to start over fresh with a clean slate.



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