

Effective Consequences

How we respond to a child's behavior is very important. What we do after the behavior teaches the child and makes it more or less likely that this behavior will happen again. Effective consequences are meaningful and appropriate to the child and to the behavior, and are used consistently. Remember to always continue working to build a good relationship and help teach them to understand and work toward more appropriate behavior day by day.



Reinforcements

Makes the behavior **MORE** likely to occur again

Tangible examples:

- Favorite toys
- Stickers
- Time to do favorite activities (first/then)

Verbal/Gestural examples:

- Giving comments like 'wow' & 'keep trying' & 'great job'
- Giving high fives
- Positive gestures (thumbs up, smiling)

*Also refer to the 'Positive Reinforcements' toolkit sheet from our 'Helping CWD Learn' module for more.



Discipline

Makes the behavior **LESS** likely to occur again

Tangible examples:

- Temporary loss of favorite toys or time to do preferred activities
- Separation from the area or group
- Loss of attention

Verbal/Gestural examples:

- Giving comments like 'stop' & 'no' & 'that's not a choice'
- Explaining how the behavior is inappropriate and affects them and others negatively

*Discipline should never physically or emotionally harm a child or make them feel bad about who they are.



BOTH help teach and change behavior. Try to use positive reinforcements for appropriate behavior the MOST!