



# MONTHLY PARENTING TIP FROM ACFC

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Learn more about Logical Consequences and other ways to develop courage, responsibility and character in your children by joining an Active Parenting Online Group. This six-week, video-based interactive class is being offered free to CWA represented employees in DE, MD, PA, NJ, VA, WV, Washington, DC or can purchased at a discounted rate for non-CWA represented employees.

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## Logical Consequences

The use of logical consequences is a powerful method of providing discipline to our children that also teaches responsibility. The consequences of our choices, both good and bad, are great teachers about the effectiveness of our choices. Logical consequences should always be presented in the form of a choice. The consequences of these choices teach children to make better choices in the future. Misbehavior is one of these choices but parents can help their children understand that this choice brings with it logical consequences. Children should also understand that a positive choice will bring about positive consequences. Confused? Don't feel alone. This is one area of discipline that many parents struggle with. Here are some guidelines that will help you develop effective logical consequences when you want your child to stop a misbehavior or when you want to motivate them to start a behavior.

### Logical Consequences Guidelines

1. **Ask the child to help**
2. **Give the child a choice.**
  - **Either/Or Choice**
  - **When/Then Choice.**
3. **Make sure the consequence is logical.**
4. **Give choices you can live with.**
5. **Keep your tone firm and calm.**
6. **Give the choice one time, then act.**
7. **Expect testing.**
8. **Allow the child to try again later.**

There are two types of choices you will find extremely useful:

- **Either-or choices:** "Either you may ... or you may ... You decide."

For example: "Either put your toys away when you finish playing with them, or I'll put them in a box in the basement. You decide."

- **When-then choices:** "When you have ... then you may ..."

For example: "When you have finished doing your homework, then you may go online."

