

## “Help! What Works?” Methods for Dealing with Challenging Behavior – Part II

### Consequences & Choices

- There are two kinds of consequences to behavior. They are:
  - B **Natural Consequences** follow the laws of nature. When nature can teach the lesson safely and quickly, it is one of the most powerful ways for a child to learn. The child runs outside without shoes in the winter and their feet get cold.
  - B **Logical Consequences** follow the laws of the social system - the rules of the family, peers, the school, the community, the society, what ever makes up the social world of the child.
- Children, as well as adults, make choices **ALL** of the time. Helping a child learn how to make appropriate choices early in life, has power to influence the child all of his life.
- Consequences must fit the event and must be **age appropriate**.
- Children cannot tell time. If the consequence lasts too long, it loses its meaning and power to change behavior. A half-day is a very long time to a young child. A full day is a really, really long time for a young child.
- If the child continues with the inappropriate behavior, then give a choice. Try to give the positive half of the choice first.
  - A **You have a choice. You can (positive outcome) or you can (negative outcome).**@
- Choose only consequences that you are willing to carry out, and carry through with the choices and consequences that you give.
- Be pleasant when giving a choice or when helping the child carry out the consequence of their choice. It=s a learning situation – a teaching moment and works because you are calm.
- A clean **NEED Statement** will reduce the number of choices you will have to give.