

**Session 5—Activity #22**  
**Parent Encouragement and  
Positive Comments!**

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Write an encouraging note or positive comment to yourself about something you did with your child this past week that you feel really proud about!

## Session 5—Handout #23

# Logical Consequences Resource



### Logical consequences are an alternative to punishment.

- They are responses to the child’s behavior that are logically related to the behavior (example – If you break the toy, you won’t be able to play with it anymore).
- They teach your child that he/she has a responsibility for and control over his/her own behavior.
- They show your child the results of his/her behavior.

### Logical consequences must be practical and enforced.

- Only select options that you are willing to enforce!
- Don’t intervene before the consequence takes place!
- If you feel empathy for your child, offer a chance to try again.

### Choices should be stated calmly, clearly, and respectfully.

- Consequences should not be arbitrary, threatening, or punitive.
- Plan the consequences ahead of time.
- Options for actions or consequences should be logically linked to the activity.

### Logical consequences help guide children in learning how they are expected to behave in the real world.

- Talk about the consequence with your child before the activity or routine where the behavior is likely to occur.
- Remember that logical consequences help to teach your child about behavior that is expected and why it is expected.

### Examples of the Use of Logical Consequences

Behavior	Logical Consequence
Roberto refuses to wash his hands before snack.	Roberto’s mom restates the rule to Roberto: “You must wash your hands to eat.” Roberto continues to refuse. His mom responds, “You can wash your hands and have a snack, or you can continue playing while your brothers have a snack.”
Kyra throws blocks in the kitchen.	Her dad reminds her of the rule “toys need to stay on the floor in the kitchen.” When Kyra continues to throw the blocks, her dad provides her with a choice: “Blocks stay on the floor in the kitchen, or they will need to be put away in the box in the TV room.”

**Session 5—Activity #24  
Logical Consequences—  
Let’s Practice**



As a group, list some of your children’s behaviors that you have been working on at home. Once we have a list, we will try to determine logical consequences for each behavior.

Behavior	Logical Consequence

**Things to Try at Home!  
Logical Consequences**

Try out at least one of the logical consequences from the list above with your child this next week, and see how it goes!

Behavior	Logical Consequence	What happened

**Session 5—Activity #25**  
**Redirection Activity**



Examine each situation and develop an idea of a redirection that could be a response.

Situation	Redirection Response
Child grabs toy from sibling	
Child throws toy when sibling asks for it	
Child throws sand in sand box	
Child pulls hair when patting the dog	
Child cries “I don’t want to clean up” when asked to pick up toys	
Child says “This is yucky” and spits out food	
Child screams to sibling, “No, its mine, don’t touch!”	
Child begins whining for attention when parent is making dinner	

## Session 5—Handout #26

# Strategies That Help

# 26

1. Know what is reasonable
2. Plan ahead
3. State expectations in advance
4. Present limited reasonable choices
5. Say “when”
6. Catch your child being good!
7. Stay calm
8. Logical consequences (see Handout)
9. Neutral Time





**Session 5—Activity #27**

**Things to Try at Home!  
Strategies To Do List!**

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**3 Strategies that I will try at home:**

1.

2.

3.