

HANDOUT 7F

Rules and Appropriate Consequences

First, identify a rule you currently have or would like to have at home. Write the rule below. As discussed in session 6, it is important that parents set rules that they can monitor or check. In the space below, indicate how you will check that the rule has been followed or broken. Then, select an appropriate consequence for breaking that rule and write that consequence below. When identifying a consequence, pick loss of a privilege, a corrective action, or a work chore. Check that the consequence is logical or linked to the rule, can be applied consistently, and meets SANE guidelines.

Rule: _____

How to check: _____

Consequence: _____

The consequence . . .

- ☐ Is logical or linked to the rule
- ☐ Can be applied consistently
- ☐ Meets SANE guidelines

S = Small is Better: Better to give a small consequence consistently than a large consequence inconsistently. Small consequences are easier to provide. A short time-out is better than a long, unsuccessful time-out. A long, severe restriction may put child in a no-win situation that leads to more problem behavior.

A = Avoid Punishing Yourself: Some consequences can punish parents as well. A 2-week restriction may be punishing for a parent to enforce. Having an angry child around the house for 2 weeks can be agony for parents.

N = Non-Emotional Action Works Better: Giving consequences when you're not upset will work best and will be most helpful to your relationship with your child.

E = Effective Consequences Are Under Parent Control and Not Rewarding: Consequences that are under your control and that are not rewarding are effective. The most effective consequences simply remove positive activities. They should also be logical and linked to the rule.