**Session 7: Limit Setting: Effective Consequences**

***Domain: Effective Limit Setting***

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| **Relevant Family Goal:** |  |

* **Session Goals** *(check all that apply)*
  + Learn about the different types of consequences
  + Learn what makes a consequence effective
  + Learn about mindful ignoring and natural consequences as effective strategies to manage child behavior
  + Learn about guidelines for establishing effective consequences
  + Learn how to apply effective consequences
  + Practice generating and applying effective consequences
* **Handouts to Use** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/everyday-parenting-handouts#session7) *to find handouts)*
  + 7A Parent Reflection on Consequences, pg. 124
  + 7B Examples of When to Mindfully Ignore, pg. 125
  + 7C Identifying SANE Consequences, pg. 126
  + 7D Challenges and Solutions to Consistency, pg. 127
  + 7E Applying Consequences Formula, pg. 128
  + 7F Rules and Appropriate Consequences, pg. 129
  + 7G Home Practice: House Rules and Consequences Tracking, pg. 130-132
  + 7H Home Rules and Consequences, pg. 133
* **Videos to Share** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/parenting-videos#monitoring-limits-school) *to find videos)*
* Privilege Removal (Older Child)

**Bear videos** *(available in English or Spanish)*

* + Ignoring (Younger/Older Child)
  + Consequences (Older Child)
* **Teaching Process for Each Skill Chosen for Session**

*Add notes below from your review of EDP book. Handouts and page numbers are listed to help you, but you will choose which specific activities, scripts, handouts, etc. to use tailored to the parent and family, and based on what matches parent needs and goals.*

* + **Check on Home Practice from last meeting**
  + **Set agenda for session:** Confirm with parent the session goals checked above
  + **Teach**: Consider using relevant video(s) checked above. Discuss rationale and benefits of consequences (pg. 112)
    - **Establishing and planning effective consequences**: review how to establish consequences effectively (pg. 113); discuss proactively developing consequence plans
    - **Types of consequences**: review types of consequences - see descriptions below (pg. 114); facilitate parent reflection on consequences (Handout 7A); review definitions and when to use mindful ignoring and natural consequences- see descriptions below (pg. 115).
    - **Guidelines for effective consequences**: explain SANE guidelines for effective consequences (Handout 7C); review applying effective consequences consistently and with positive communication (pgs. 117-118); help parent reflect on challenges being consistent (Handout 7D); review C-A-L-M guidelines and applying consequences formula to support use of effective communication when delivering consequences (pgs. 118-119, Handout 7E)
* **Model**: Consider using video(s) checked above
  + - **Guidelines for effective consequences**: Review examples of mindful ignoring (Handout 7B); consider using scenario in manual (pgs. 120-121) to model Wrong Way/ Right Way for Effective consequences using C-A-L-M guidelines and applying consequences formula- reference Handout 7E; facilitate parent reflection
  + **Practice**: tailor to family
    - **Establishing and planning effective rules and consequences:** Have parent identify a rule they would like to have at home, how they will check the rule has been followed or broken, select a type of consequence for breaking the rule that is logical/linked to rule (pgs. 114-115), and check whether it’s consistent with SANE guidelines (pgs. 116-117; Handout 7F)
    - **Practice** Right Way of sharing rule and effective consequence with youth (pg. 121) using completed Handout 7F
  + **Debrief**: Facilitate parent self-assessment and give feedback on strengths and challenges from the practice; plan for possible barriers to use of new strategies (consider Tips for Success at Home, pg. 122-123)
* **Home Practice**
  + Homework Options: *(Note that the rule from Handout 7F can be transferred to Handout 7G or 7H for home practice.)* Prepare tracking sheet with 3 most important rules, how parent will check if rule is followed, and what consequence will be used (Handout 7G); Alternatively, can create streamlined list of rules and consequences (Handout 7H); Practice using C-A-L-M guidelines and applying consequences formula (Handout 7E)
  + Tailor home practice to child, parent and family, including cultural and general context
  + Optional: prep for use of Emoji Tracking Worksheet [Tracking Parent Skills Practice Emojis - English](https://thefamilycheckup.com/sites/default/files/Tracking%20Parent%20Skills%20Practice%20-%20Emojis.docx)
  + Other:
* **Schedule Next Session**
  + Discuss which goal and parenting strategy parent wants to address in next session
  + Plan to enable session to be focused and not distracting, such as arranging for child(ren) to be occupied. See [*Establishing a Focused Environment for Sessions*](https://thefamilycheckup.com/sites/default/files/Establishing%20a%20Focused%20Environment%20for%20Sessions.docx).

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**Types of Consequences for Consequence Plans (pg. 114-115)**

* Loss of privileges
  + Often preferred by parents; privilege should be meaningful to child and something they enjoy.
  + Example: loss of video games when homework isn’t completed
* Corrective action
  + Child repairs damage cause by breaking rule or misbehavior
  + Example: clean up mess left in kitchen
* Work chore
  + Appropriate for older children
  + Chore should be brief, not require complicated skills, and is easy for parent to check
  + Example: sweeping the patio
* Mindful Ignoring: actively choosing not to pay attention to child’s behavior so it will stop
* Natural consequences: what happens naturally after child’s behavior, without parent intervention