

Handouts & Refrigerator Notes

Natural and Logical Consequences



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HOME ACTIVITIES FOR THE WEEK



To Do:

- **CONTINUE** using Time Out for aggressive or highly oppositional behaviors.
- **USE** the principle of “logical consequences” for a misbehavior that occurs during the week and write the results on the Record Sheet: Logical Consequences handout.
- **CHOOSE** a positive behavior to systematically give attention to through the use of praise, reinforcement, and comments.
- **DESCRIBE** a situation in which the child continues to misbehave, and try to analyze why this is happening.
- **COMPLETE** the “Parents Thinking Like Detectives” discipline assignment.



To Read:

Chapter 11, *Teaching Children to Problem Solve*, in **The Incredible Years** book.

Moving on!

- Think about ways you can continue to get support for your parenting efforts.
- Bring your ideas to your next meeting.

Caution: Remember to continue playing!

REFRIGERATOR NOTES ABOUT NATURAL AND LOGICAL CONSEQUENCES



- Make consequences developmentally appropriate.
- Be sure you can live with consequences you set up.
- Make consequences immediate.
- Clearly state consequences ahead of time.
- Make consequence natural and non-punitive.
- Involve child whenever possible.
- When possible, give a warning before giving consequence.
"if... then".
- Be friendly and positive.
- Use consequences that are immediate, short, and to the point.
- Establish a list of possible loss of privileges and disciplinary chores.
- Once consequence is completed, quickly offer the child new learning opportunity to be successful.

REFRIGERATOR NOTES
POSITIVE DISCIPLINE HELPS MY CHILD
FEEL LOVED AND SECURE

- Play frequently and provide social and emotional coaching
- Label and reflect your child's feelings—even negative feelings
- Structure your child's day with a predictable routine for mornings, naps, meals and bedtime
- Set clear limits when needed to keep your child safe
- Help your child prepare for transitions or changes in routine
- Have a predictable routine for leaving your child and reuniting
- Give your child choices when possible
- Share your love and praise and tell your child how special he is
- Give your child attention and praise for positive behavior
- Redirect your child's negative behavior
- Allow your child independence when possible
- Help your child explore while giving appropriate support
- Ignore tantrums and give back attention as soon as tantrum stops
- Take care of yourself by getting support from others and doing things for yourself



Incredible Years® Problem Solving Worksheet For Managing Preschoolers' Challenging Behaviors!

Problem Definition:

1. My child's challenging behavior: _____

2. What are the triggers/precipitants of my child's misbehavior? (developmental problem, not enough sleep, not getting what he wants, a family transition or stress, low frustration tolerance, etc.)

3. How do I usually respond to this misbehavior? (Do I give it attention? Do I get angry?)

Goals:

4. What is my goal? What positive opposite behavior do I want to see instead? _____

Solutions:

5. What skills/strategies can I use from the bottom of the Pyramid to support this positive behavior?
Play/Special Time: What kind of play or special time might best help my child here? (Remember, it is best if it is child-led.) (persistence, academic, social, or emotion coaching) _____

Praise: What behaviors can I praise and how? (Remember they should be the "positive opposites" of the behaviors you want to decrease.) _____

Stickers and Rewards: How can I reward this good behavior? What incentives will motivate my child? _____
6. Choose from the list below those responses from the top of the pyramid than can be used to reduce this misbehavior.
Routines: Do I have a predictable routine for this problem? _____

Distraction/Redirection: How can I distract or redirect my child before misbehavior escalates? _____

Ignore: What part of this behavior could I ignore? _____

What will I say to myself while I ignore it? _____

Consequence: What natural or logical consequence can I use to teach my child to change this behavior? _____

Calm Down Strategies: What calm down strategies can I teach my child? (use of turtle shell, deep breathing, positive self-talk "I can do it, I can calm down," use of the calm-down thermometer) _____

Carrying Out my Plan:

7. To whom should I communicate this plan? (teachers, grandparents, partners, etc.) _____

8. Who can I call for support and to check in? _____

9. How will I take care of myself while this is going on? _____

Evaluating the Success of Solutions

10. How will I know I am making progress? What will be different? _____

11. How will I celebrate my child's success? As well as my own? _____

***Congratulations! You have a plan to change your child's behavior!
Remember, it can take three weeks or more to see changes,
so don't give up!***

