

# 5 COMPONENTS OF EFFECTIVE NEGATIVE CONSEQUENCES

## IMMEDIATE

Should be given as soon as possible after the negative behavior to help your child connect the consequence with their behavior.

## DEGREE/SIZE

How big or small the negative consequence is. The negative consequence should match the size of the unwanted behavior.

## CONSISTENT

Follow through with a negative consequence every time the behavior happens.

## IMPORTANT

The negative consequence has to be meaningful to your child.

## VARIED

Switch up the consequences by using a variety of consequences for different negative behaviors. The same consequence for everything becomes less effective.