







# dr. luella jonk

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*\*\* ground rules for parents*

1. *Deliver in calm voice*
2. *Must be reasonable, and you need to follow-through*

*Another great tool in terms of **giving choices** is and used mainly when we need them to get moving – we need some action from them now... is called*

**“When-  
Then”** *\*\*not  
If-Then*

Use this when you need to delay a privilege (b) until (a) is done.

Example: “When you walk the dog, then you have the privilege to eat supper with us.” The privilege needs to be meaningful to the child.

*\*\* ground rules for parents*

1. Deliver in calm voice
2. The privilege needs to be meaningful to the child.
3. Parent needs to be indifferent to the choice they make.
4. Stay firm! You cannot give in to their backtalk or fit they make
5. DO NOT give them reminders... there is no need to repeat.

Few other notes:

- ✓ Make it a privilege that normally occurs... it is not a special treat or bribe.
  - ✓ It fosters a sense of consequentiality. It is a life lesson.
- ✓ The parent has the control of when they receive that normal privilege.

For teenagers or adolescents... often a common privilege is use of their Wi-Fi or cell phone. It is certainly not a right. So you might want to create a ‘after school routine’ for them in terms of what their expectations are once they get home from school and before supper.

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- Empty dishwasher
- Put your lunch-kit away
- Walk dog

When you (the parent) comes home from work, and these chores are not done, then there are consequences (teenager – you do not have the privilege of the using Wi-Fi/Data this evening.)

## Consequences

### **Consequences are Very Different from Punishment:**

*Consequences reinforce good behavior and empowers both the child and the adult, since you both have a certain level of control, you have choices.*

*Punishment adds blame, shame, and pain. None of these affects will promote effective changes in your child's behavior. Imagine having that same effect on your partner. Will that change your partner's behaviour? Or will they resent you even more? It is no different with your children. Even more so, punishment **encourages lying**. Punishment operates from FEAR, and they will do anything they can to avoid blame, shame, and pain.*

*Consequences operate from the EMPOWERING paradigm, whereas punishment operates from the OVERPOWERING paradigm.*

*Consequences allow for training of FUTURE behaviors. The child is aware of the choice ahead of time, acknowledges and agrees to the outcome, so that **accountability** is intertwined – again it teaches a life lesson. It also removes the parent from being the 'bad guy' and lets life be the teacher.*

*Two types of Consequences:*

**Natural:**

Scenario: Child refuses to wear gloves to school. You suggested a few times to wear gloves – because we want them to be safe and comfortable. The natural consequence to not take their gloves is their hands will be cold, and they will feel discomfort. It is hard for parents to do this because we always have the instinct to protect. Remember however, our primary role is to teach and train our children so they can become independent. This skill is invaluable. (Also do not worry about what others may think when viewing from the outside!! Ignore this.) ***Natural consequences are the best teacher.*** Also, it avoids the nagging and reminding that comes from you – you hate it, and they hate hearing you nag. It removes this.

Ground Rules for Parents:

(Important: in situations where there is danger – e.g. not wearing bike helmet, then you need to provide the appropriate guidance.)

- You are not going to be involved (e.g. remind them upfront with clear warning, “I am not going to bring your lunch to school”).
- Do not rescue them!! Let the consequence play out.
- Do not add insult to injury. That means refraining from using those common statements parents like to use. “I told you so... “or “I knew you would forget; I hope you remember next time; when are you going to remember?”

You can offer empathy, such as “Shoot, that is too bad. You must have been hungry” “What can we or you do tomorrow so that you remember to bring it tomorrow” Remember, you are training them. You are empowering them.

**Logical:**

Scenario: Because logical consequences often involve

- when a natural consequence isn’t practical or nonsensical
  - delaying or denying a privilege
  - crafted by the adult
  - involves making peace of a situation or making amends
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Logical Consequences must have the four R's:

- ✓ revealed in advance
- ✓ respectful
- ✓ related to the misbehavior
- ✓ reasonable

In this way, the child can really only be angry with themselves, because they created/agreed to the logical consequence in advance. The onus or burden is on them. They are still in control, they simply need to live with this consequence that now, or will occur.

Ground Rules for Parents:

- Use the four R's
- No reminders!
- Follow through... do not give in; don't provide 'exceptions' to the rule
- Calm voice and no "I told you so" to provide dignity and respect

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When to use Natural and when to use Logical.

A simple way of knowing – besides common sense – is to think about using Natural consequences when the affect is on them (uncomfortable when they are cold due to forgetting their mitts) and Logical when it affects you (a teenager not cleaning their room, or child not brushing their teeth).

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### ***Final Reminder:***

85% of correcting misbehavior is through empowerment, not consequences. This means

- Encouraging mom-and-me time or Dad-and-me time, making time each day to connect with your children, even if 10 minutes.
- Always calm voice! Otherwise you are sabotaging their ability to you HEAR
- Encouragement, not praise
- Take the time to train and teach, implode them with the tools
- Offer the choices proactively, as much as possible to give empowerment
- Use When – Then

If Consequences are to occur, then they will be

- Natural
- Logical
- And likely using Either – Or

*This document was sourced from the work of Amy McCready and her Positive Parenting Solutions Program. It is the 'Cole's Notes version' of the course. As a therapist who works mainly with children and adults suffering with anxiety, low self-esteem and self-worth, I was able to relate much of the information gathered in taking this course with the individuals I have in my office. If you want to further your knowledge of how to promote positive parenting skills, I highly encourage you to take her course.*