

Planning Rewards and Consequences

Unwanted Behavior

Before attempting to change a behavior, it should be clearly defined. Identify specific actions instead of broad ideas (e.g. "hitting" instead of "being bad").

Describe one of your child's behaviors you would like to change.



Consequences

Consistent use of consequences—such as timeouts and taking away privileges—helps eliminate unwanted behavior. Be sure to talk with your child so they understand why the behavior was not appropriate.

List 3 consequences you can use to discourage your child's unwanted behavior.

1
2
3

Replacement Behaviors

Teach your child appropriate behaviors to replace the unwanted behavior. For example, "taking deep breaths" or "counting to 10" could replace "hitting others" when angry.

List 3 replacement behaviors you would like to encourage in your child.

1
2
3



Rewards

Rewarding appropriate behavior is even more effective than giving consequences for unwanted behavior. Rewards don't have to be elaborate or expensive. Positive attention (a smile, kind words, or a hug) is a great reward that can be used every day.

List 3 rewards you can use to encourage your child's replacement behaviors.

1
2
3