

SESSION ELEVEN: NATURAL AND LOGICAL CONSEQUENCES

NATURAL CONSEQUENCES

Natural consequences are consequences that happen as a result of an action, without any parental involvement. This means the parents do not rescue the children from the consequences of their behavior. Of course, there are limits. For example, it's appropriate to intervene to prevent death or permanent injury.

Examples:

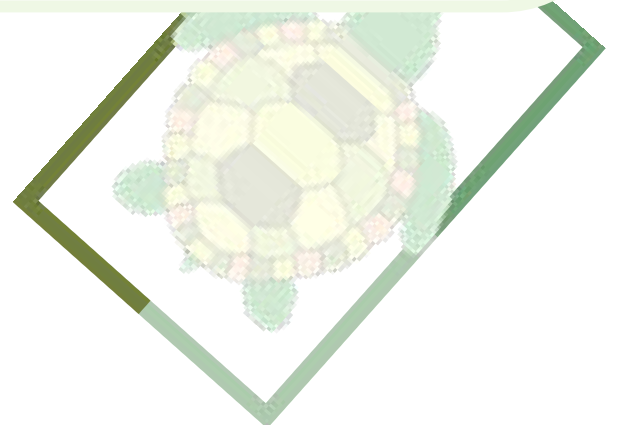
- Child who forgets coat on a cold day gets cold.
- Child who skips lunch goes hungry.

LOGICAL CONSEQUENCES

Logical consequences should be applied when there is a clear failure to comply with a very well-defined expectation. Consequences should be relevant to the action that caused them.

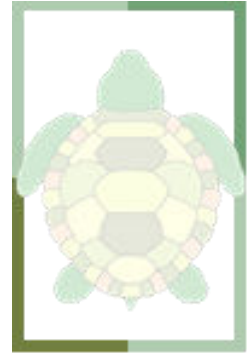
Examples:

- Child will suffer logical consequences if he decides not to put his/her clothes in the laundry basket, he/she won't have clean clothes for school.
- Child who spends allowance quickly doesn't receive any more money until next allowance day.
- Child who neglects to study for a test gets a low grade.



SESSION ELEVEN: BEHAVIOR CONTRACT

RULE: Describe the specific rule that you are enforcing.



EXPECTATIONS: List the expectations of the rule you are enforcing. Be very clear and specific. Think about breaking the rule down into steps and explaining all the steps in great detail. Make sure the child understands what the expectations are.

CONSEQUENCES: Write out the logical consequences that are going to occur if the rule is broken. Be very specific and clear.

SESSION ELEVEN TAKE HOME ACTIVITY

FAMILY TALKING CIRCLE

Hold a family talking circle sometime in the coming week to discuss the **Behavior Contract** that you completed during the session.

When did you hold the Family Talking Circle?

Who was the facilitator?

Did you find it easy or difficult to negotiate a behavior contract?

What specific rule did you talk about and set limits for?

Can you see yourself using family talking circles to discuss other household rules?

Did you encounter any problems while discussing the contract?