

Top Tips for Rewards and Consequences

Rewards

Specific to the child.
They can't be taken away.
They have a shelf life.
Should be immediate and real.
Need to be Mobile.
Need to be Consistent.
Low cost / No cost.
A desired behaviour can get a reward.
Get the rewards right for the child.

Consequences

Natural consequences are what happens without intervention.
Logical consequences are what happens **with** intervention.
Follow consequences through.
Don't make them too challenging for you to stick to.
Keep it simple.
Set up consequences so they understand them.

Remember to be patient with yourself and your child.