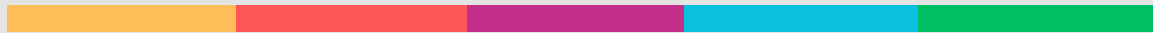


# KEEPING IT REAL WITH EFFECTIVE AND EVIDENCE BASED CONSEQUENCES



01

## Understand the function and setting where behavior happens

Was the behavior: Sensory Seeking, Escape or Avoidance, Attention Seeking, or for a Tangible Reward. Where does it occur? Home. School.



02

## Regulate your moods and emotions

Parents, take time to think and calm down before implementing a consequence. Avoid setting a limit that you can't implement consistently or follow through.

03

## Identify a way to Repair

Repair requires fixing what was broken or engaging in a behavior to make up for a loss, injury, or damage. Match the repair to the setting where it occurs.



04

## Set a Time Limit

Consequences or repairs should be time limited: 5-10 minutes for young children; 15-20 minutes for school aged children, 1-2 day maximum for teens. Children need to know they can redeem themselves, are forgiven, and won't be punished forever.

05

## Move on once the consequence is implemented

When the consequence is over give the opportunity to make a positive choice and praise the appropriate behavior. Seek support if things don't get better.

