

Rewards and Consequences

Part 1

Rules are good to have within a family but how can we reinforce them in a fair, positive way, so we build children's confidence and help them feel capable, rather than knocking it down so they feel inadequate.

Children often want to please us, but some of the ways we want them to behave doesn't come naturally to them.

If a child – or ourselves – have got into bad habits, it helps to break the habit and begin to learn a new one if something pleasant happens when we remember to change what we do. Having simple rewards that recognise our efforts also helps us to look out for success.

Choosing Rewards and Consequences



Rewards and Consequences should be linked to the rules they are helping to enforce. It's also good to choose rewards that really mean something in the family. If the whole family wants to work together to earn something special, you could have just one reward for keeping to all the rules.