

## Rewards and Consequences

### Part 2

When you come to discuss rules, rewards and consequences with your family, they will have ideas about suitable rewards and consequences. When these have all been agreed and the rules have been written up on a colourful chart that everyone had taken part to create, everyone could sign it, or add a handprint, thumb print or another symbol, so all of you “own” the rules



To make this all work and be successful, remember to:

- Involve the whole family in the process
  - Remember to join in yourself
  - Be as consistent as you can
- Pay more attention to the DO than the DON'Ts
- Reward little and often, and with young children as soon as they have made a choice to keep to a rule
  - Divide the day (e.g. getting up and having breakfast/going to school/coming home and teatime/teatime to bedtime) so young children can earn rewards without having to remember the rule all day long
- Make rewards achievable - don't let it drag on till everyone is bored with it

The goal is for children to learn to behave co-operatively and to learn self-discipline because it feels good.