

Get Kids To LISTEN without Nagging, Yelling or Losing Control

NO-GUILT, NO-YELLING CONSEQUENCES

Without the 5 R's, it feels like blame, shame, and pain punishment.

R: _____

R: _____

R: _____

R: _____

R: _____

Adapted from Jane Nelsen, EdD and H. Stephen Glenn, PhD

SCRIPT FOR REVEALING CONSEQUENCES:

- State the _____

- State the _____ behavior

- Reveal the _____

- Ask the child to _____

WHAT IF ... my child won't repeat back the rule and the consequence?

WHAT IF ... I can't think of a good consequence?

You can't _____ your way to better behavior.

Consequences should be used **no more than** _____% of the time.

BOTTOM LINE:

Consequences are a good tool.
But the real goal is to not NEED them in the first place.



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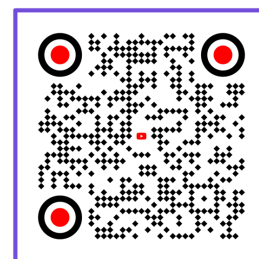
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