



Letting Your Child Experience Natural & Logical Consequences



It is natural to want to shield your child from negative consequences, but these can also be valuable learning experiences. Enforcing consistent and appropriate consequences for breaking rules is crucial for your child's development. The consequences should be adjusted according to their age and maturity.



Did You Know?

Natural consequences are outcomes of actions that happen naturally, and were not carried out by you.

E.g. When your child's grades are affected because of a lack of revision.

Logical consequences are outcomes of actions that are consistently carried out by you or other adults, and are related to the behaviour that you are trying to discourage.

E.g. Loss of privileges (e.g. reduced gaming or device use), time-out periods for reflection.

✓ Things You Can Do

- 1 Allow your child to face natural consequences, even if they are unpleasant.
- 2 Help your child understand why their behaviour was wrong without using insults like "lazy", "stupid" or "naughty".

🗨️ Things You Can Say

- 1 What was going through your mind when you received your results?
- 2 What led to this outcome? What would you do differently in future?

What do you think we can do to make up for your mistake?

In general, logical consequences should be unpleasant enough that they discourage misbehaviour, but it should not be humiliating or embarrassing.

For younger children,

- 1 When both of you are calm, explain to your child what they can expect from the consequences.
- 2 Explain the reason for these consequences.

For younger children,

1 Based on our previous agreement, snatching toys will get you a time-out 2 because it is rude, and you might hurt yourself and others when you snatch toys. 1 This 5-minute time-out is for you to sit quietly in the room to calm yourself down, think about what you did, and how you can make things better.

For older children:

- 3 Involve them in deciding the consequences of their misbehaviour.

For older children,

3 You promised to do the mopping last week, and we agreed that the consequence for not completing your chores would be that you cannot go out with your friends. Please complete your chores before I can allow you to go out.



you've got this!