

**Welcome!  
We will begin shortly.**

**As we're waiting, please post in  
the chat box:**

- **your zip code**
- **number of children**
- **schools they attend (add if  
you have any pre-k too!)**

# Parent Support: How to Navigate Challenging Time **CONSEQUENCES!**

*MICHAEL SWISHER*

*PARTNERSHIP FOR CHILDREN, YOUTH, & FAMILIES*

*CHILD & FAMILY SERVICES DIVISION*



@apcyf; [www.apcyf.org](http://www.apcyf.org)



Child and Family Services Division



# Consequences



@apcyf; www.apcyf.org



# Conseguencias ARE NOT

---

- Revenge
- A demonstration of our authority
- To embarrass or humiliate our children



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequences are

---

- A response to a behavior
- Lessons to help them learn
- Decisions we make, based on their choices
- Consistent



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequence Teachers

---

Model Self Control

Show Empathy

Start with a Plan



@apcyf; [www.apcyf.org](http://www.apcyf.org)



**MANTENGA  
LA CALMA  
Y  
TENGA  
UN PLAN**

# Consequences

---

**Natural**

**Logical**

**Artificial**



@apcyf; [www.apcyf.org](http://www.apcyf.org)

# Consequences

## Natural



@apcyf; [www.apcyf.org](http://www.apcyf.org)

# Consequences

---

## Logical



@apcyf; [www.apcyf.org](http://www.apcyf.org)





# Consequences

## Artificial

Wash mirrors	1
Sweep Kitch/DR	1
Vacuum LR & Hall	2
Dust LR & Hall	3
Clean a toilet	2
Clean bathroom sink	1
Clean bathroom floor	2
Scrub tub	3
Scrub Kitchen floor	4
Prep a meal	5
Wash a load of laundry (includes sort, wash, t-fer to dryer, empty, fold)	4
Iron shirts	1/shirt
Wash bags 3 bags	1
Clean under kitchen counters	3/area
Clean under DR counters (both)	2
Vacuum Fit	2
Wipe/dust window sills (whole house)	3



@apcyf; [www.apcyf.org](http://www.apcyf.org)

# Consequences

Let them 'feel a little pain'...



@apcyf; [www.apcyf.org](http://www.apcyf.org)

# Consequences

Let them 'feel a little pain'...

**because of their choices**



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequences – HOW

## Make a list:

Little **Infractions**

Little **Consequences**

**Big** Infractions

**Big** Consequences



@apcyf; www.apcyf.org

## CONSEQUENCES



Secondary School

# Consequences – How?

---

- Task Specific
- Time Specific

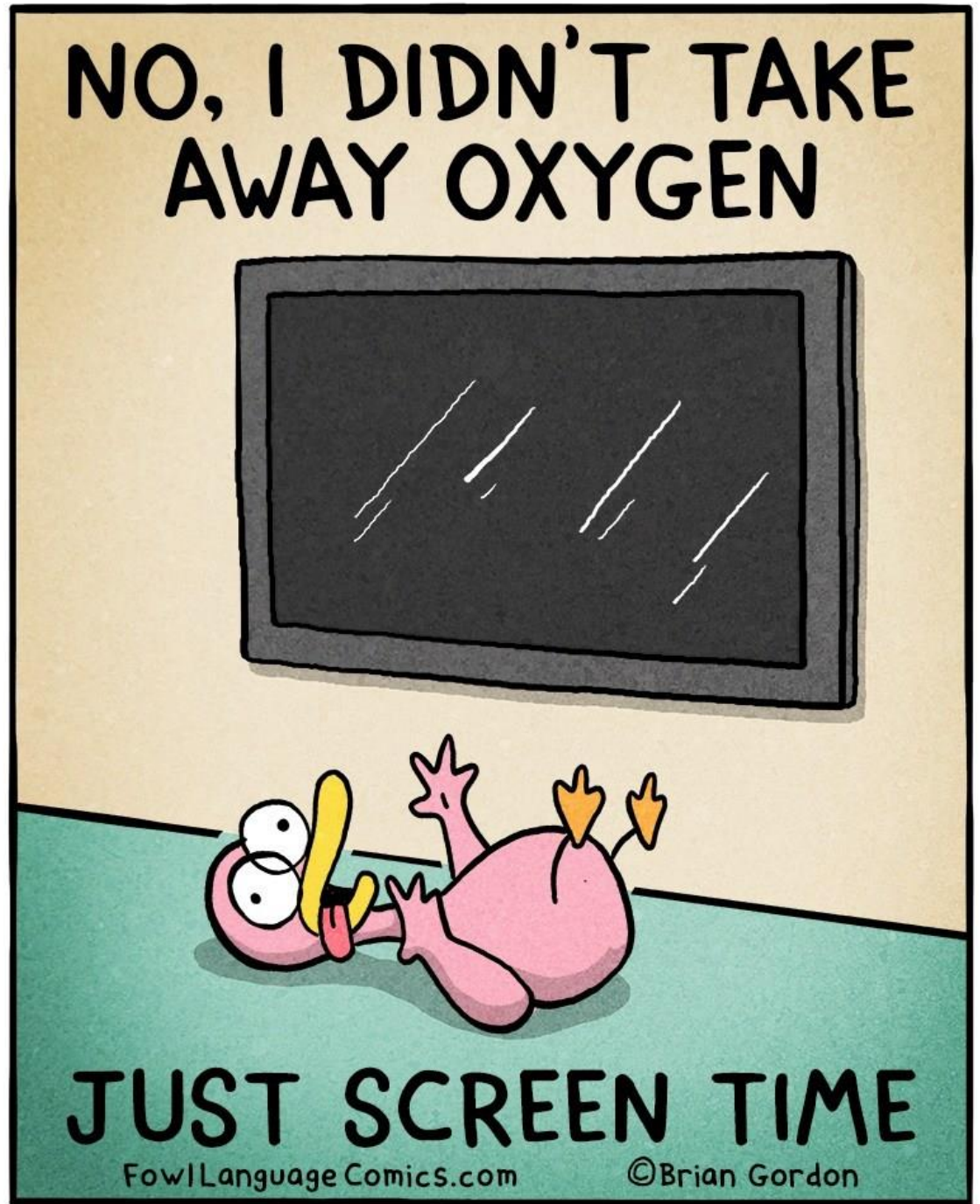


@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequences

- No sticker!
- Loss of Privilege



@apcyf; [www.apcyf.org](http://www.apcyf.org)

# Consequences

## - “Contribution” Chores

Wash mirrors	1
Sweep Kitch/DR	1
Vacuum LR & Hall	2
Dust LR & Hall	3
Clean a toilet	2
Clean bathroom sink	1
Clean bathroom floor	2
Scrub tub	3
Scrub Kitchen floor	4
Prep a meal	5
Wash a load of laundry (includes sort, wash, t-fer to dryer, empty, fold)	4
Iron shirts	1/shirt
Wash bags 3 bags	1
Clean under kitchen counters	3/area
Clean under DR counters (both)	2
Vacuum Fit	2
Wipe/dust window sills (whole house)	3



@apcyf; www.apcyf.org

# Consequences – In the Moment

---

Stay (or get) Calm

Explain the situation

Deliver the consequence

Walk. Away.



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequences – What happens if...

---

I don't have any ideas?



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequences – What happens if...

---

They get angry?



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequences – What happens if...

---

They get angry? **EMPATHY**



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequences – What happens if...

---

They “don’t care”?



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequences – What happens if...

---

They “don’t care”? **IGNORE...EMPATHIZE**



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequences – What happens if...

---

Their behavior gets worse (or they throw a tantrum)?



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequences – What happens if...

---

Their behavior gets worse (or they throw a tantrum)? **STAY FIRM; EMPATHIZE +/-or IGNORE**



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Consequences – What happens if...

---

It doesn't work?



@apcyf; [www.apcyf.org](http://www.apcyf.org)





# Consequences – What happens if...

---

It doesn't work? **RE-EVALUATE**



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Contact Information

---

**Michael Swisher**

703-228-1671 | [mswish@arlingtonva.us](mailto:mswish@arlingtonva.us)

**APCYF**

[www.apcyf.org/parent-support](http://www.apcyf.org/parent-support)

703-228-1668 | [apcyf@arlingtonva.us](mailto:apcyf@arlingtonva.us)



@apcyf; [www.apcyf.org](http://www.apcyf.org)



# Questions?

---

**And a little feedback!  
Let us know how this was.  
In the chat box, share 1 – 5 how  
useful this was.**



@apcyf; [www.apcyf.org](http://www.apcyf.org)

