



Effective Consequences within Conscious Discipline

Traditional Consequences

Why Punishments Don't Work

- Punishments are all about *us* and our judgment of the behavior, rather than about the child's actions and how they have impacted others.
- Punishments *don't* ask children to reflect on their actions or take personal responsibility.
- They *don't* ask children to recognize or manage their emotions.
- They *don't* teach missing skills.
- They *don't* intrinsically motivate children to change their behavior.

Punishments vs. Consequences

Punishments	Consequences
Make children suffer for having a problem	Teach children how to solve problems
Cause children to fear making mistakes	Show children that mistakes are opportunities to learn
Rely on judgement	Rely on reflection and personal responsibility
Provide extrinsic motivation to please others and avoid physical/emotional pain	Provide intrinsic motivation to use or learn new skills
Focus on what <i>not</i> to do	Focus on what to do instead

Ingredients of Effective Consequences

Connection

- Caring/willingness comes from a healthy relationship with others (connection). Children who are disconnected don't care, so NO punishment or consequence will work.
- This is one reason you often see the same children punished again and again.
- Conscious Discipline promotes connection through the School Family, Brain Smart Start, I Love You Rituals, etc.

Reflection

- Children must reflect on their actions and outcomes in order for consequences to be effective.
- To reflect, children must be in the executive state. For this reason, it's essential for adults to keep their composure when disciplining a child.
- Children need to reflect on their actions without judgement. Otherwise, they will be thrown to the lower centers of their brain. In Conscious Discipline, we teach children this skill using "noticing."

Personal Responsibility

- Consequences only work when children take responsibility for their actions by taking ownership of their feelings.
- For this to happen, we must teach children THEY are in charge of their feelings and THEY have the power to change them. Otherwise, children will deflect blame and won't recognize the need for growth/change.
- Conscious Discipline teaches children to recognize, regulate, and take ownership of emotions using the Safe Place, Feeling Buddies, S.T.A.R. breathing, etc.

The Bottom Line

Conscious Discipline has effective consequences instead of traditional consequences. Without the proper foundation, consequences won't work. Without consciousness, there are no consequences.

This downloadable resource was published with *Part 1: Why Conscious Discipline Consequences Work and Punishments Don't (And How to Give Effective Consequences)*.