



## C9-Ep.20

### STEP 2

We talk about the consequences of not following the rules.

---

---

---

---

---

---

---

---

---

---

### STEP 3

I make sure they understood the rules and the consequences of not following.

I ask questions.

---

---

---

---

---

---

---

---

---

---

## FIRST TIME THEY BREAK THE RULES

### STEP 4

I empathise.

### STEP 5

I make sure that they know the rules and that they can put them into practice.

### STEP 6

I insist on natural consequences that may occur if they don't follow the rules.

### STEP 7

I show my child that I trust they can follow the rules.

### STEP 8

I offer a second chance.

## THE SECOND TIME THEY BREAK THE RULES

### STEP 9

I empathise with my child but stand firm on the rules.

### STEP 10

I explain the logical consequences and the restrictions that will be applied if they choose to break the rules again. I give the smallest possible consequence at this point. I ask them if that's what they want.

I offer a third chance.

### STEP 11

I empathise with them.

### STEP 12

I tell them that they seem to have chosen to face the consequences. I give them a choice - either they apply the consequences or I will.

**YOUR CHILD MAY CRY, PLEAD AND NOT WANT THE CONSEQUENCES**

### STEP 13

I empathise with their pain, but stick to my guns. I give 2 options for spending free time together.

### STEP 14

The next day, I emphasise what they learned and the consequences if they still don't follow the rules.

**IF YOUR CHILD STILL DOESN'T FOLLOW THE RULES:**

### STEP 15

I increase the length of the consequences, then I take away all privileges that are directly linked to this behaviour.