

CONSEQUENCES

Removal from the play situation

Set up a “bickering” table

Have the offending child say 5 nice things about the other

Go to independent play time early

Have a “do over”

Time Out (or Time In)

Loss of a privilege

Use the phrase “I’ll know you’re ready when...”

Early to nap or early to bed

Take away a toy

No books at bedtime

The silent return

Enforce your desire (make them do it)

Removal from that room, scene, or table

“Go on the couch and process your feelings”

Go to room and calm down



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Mom time

Child earns a “job”

Miss out on the next fun thing or treat

Separate the offense and the lie

Give your child a chance to confess or come clean

Bring back the crib if getting out of bed

Take all toys and books out of room

Get a child door lock if child roams at night or morning

Use the South African routine (one thing before the next)

Use a timer to encourage moving faster

Take the toys away that are being fought over

Give the child place to play alone

