

## Top tips for Parents:

# How to create routines and boundaries using rewards and consequences

As parents we have a central role in helping our children learn about routines, boundaries and consequences. They may not appreciate it at the time; but as they grow and develop they will understand the value of it, for example how to create meaningful relationships with people, get access to the kind of jobs that they want or generally function well in society.



## Routines

A typical day may be to get up, get the children up, and make sure everyone has had something to eat before leaving the house for school and or work. Find a good time to discuss the routines that you currently have with your children and see which ones are still valuable in making the family function well and which ones need to change.

## Boundaries

As parents we are aware when our children are getting close to the (invisible) line with their behaviour. As children grow it is a normal part of their development and risk taking behaviour to challenge you and see how much they can get away with. Some things to consider:

### Things to consider when creating routines and boundaries

1. Be clear and specific – explain the rule and why it's important for them to follow
2. Maybe write them down so all know what they are and don't forget
3. Do be gentle with each other's feelings
4. Ensure that you are consistent with the new routines.
5. Reward children when they follow the rules
6. Let them pick the rewards for rule following – they will be more motivated if they have chosen a
7. Never remove a reward if they followed the rule
8. If they break a rule, remind them clearly and apply the appropriate consequences

## Praise

Praise is a really powerful way of encouraging good behaviour and strengthening our relationships. Be specific when we praise; this helps children to feel good about themselves, but do give praise then take it away.



## Consequences

As parents, we can really struggle setting consequences for children, as we may feel they we are being mean or are worried about our children's reactions.

1. Using choices and consequences as part of a positive approach to discipline can reduce arguments and confrontation quite dramatically.
2. Relate the consequence to the behaviour and choose consequences that means something to the child
3. Remain calm when giving a consequence otherwise they may only follow the rule because they are fearful
4. Don't give a choice when there isn't one
5. Choose a consequence you can keep to (without punishing yourself)
6. Don't demand an instant answer- give children a few moments to reflect
7. Consistency apply to adults as well as children



## Other useful links:

Challenging Behaviour Foundation: General Queries: 01634 838739 Family Support Line: 0300 6660126.  
Information and support for parents regarding challenging behaviour. Offer peer support and workshops and talks across the UK aimed to reduce challenging behaviour.

A very small number of children may act in a way that places themselves or family members in danger example, by hurting family members, leaving the home alone (for younger children) or engaging in other risky behaviours such as substance abuse or messaging strangers or sexting. If your child demonstrates any behaviours you should contact your child's school's Designated Safeguarding Lead (DSL). If this is not possible, you can contact Early Help Team or Walsall Multi-Agency Support Hub: 0300 555 2866 option 1 for Early Help, Option 2 for the MASH (or contact the Emergency Response Team out of office hours - 0300 555 2922 or 0300 555 2836)

**For more information on our interactive sessions or groups please contact the early help hub on 0300 555 2866 opt 1**