

## MAIN IDEA

- Just like with Creating Consequences, we want to create a **LOGICAL CONNECTION** between the child's behavior and the consequence
- The **DEBRIEF** is the quick chat you have with the child before they are allowed to return to playing with others / usual activities after a misbehavior
- ***THIS IS WHERE MUCH OF THE LEARNING HAPPENS, through the EXPLICIT (talked about directly) CONNECTION BETWEEN THEIR ACTION AND THE CONSEQUENCE***

## DEBRIEFING AFTER A TIME OUT

1. **WHY DID YOU GET A TIME OUT? (They have to BE SPECIFIC)**
  - Ie. "For hitting" not "for making bad choices"
2. ***BEING WITH PEOPLE IS A TREAT, AND WE CAN ONLY BE WITH OTHER PEOPLE WHEN WE ARE ABLE TO SHOW THAT WE CAN FOLLOW THE RULES AND PUT OUR LISTENING EARS ON... ARE YOU READY TO BE WITH OTHER PEOPLE?***
  - They do not come out of their time out until they are able to say YES
3. When they say yes, **ASK THEM WHAT THEY HAVE TO DO BEFORE THEY GO BACK TO PLAYING?** -> SAY SORRY for the SPECIFIC behavior to the offended person
4. Before letting them go apologize, **ASK THEM WHAT THEY CAN DO DIFFERENTLY NEXT TIME THEY FEEL THAT WAY** (tired, sad, angry, frustrated etc)
  - This **TEACHES them to CONNECT and REHEARSE HEALTHY ALTERNATIVES in a similar context next time**
  - You will have to **COACH** them for this initially, and when they come up with one they like or think they can try next time, **PRAISE THEM FOR IT AND FOR TURNING THINGS AROUND!!!**
  - It also **cues them to ASSOCIATING HEALTHY COPING WITH PRAISE**
5. **IF SOME FORM OF RESTITUTION IS REQUIRED, DISCUSS THIS WITH THEM FOLLOWING THE GUIDELINES FOR CREATING CONSEQUENCES**

## REWARDING ACCEPTING CONSEQUENCES

1. IT CAN BE HARD FOR KIDS TO ACCEPT OWNERSHIP FOR THEIR OWN ACTIONS and not blame others
  - You ALWAYS WANT TO **CUE THEM TO "WHO IS RESPONSIBLE FOR YOUR BEHAVIOR?"**
  - **WHOSE RESPONSIBILITY IS THE OTHER PERSON'S BEHAVIOR?**
  - **WHAT IS THE HEALTHIEST THING FOR YOU TO DO RIGHT NOW?**
2. You also want to **PRAISE them and if possible reward them when they ADMIT their mistake right away**
  - This can be done through a **"reduced sentence"**
  - Ie. if their usual time out is 2 min, they only get 1 min for telling the truth and accepting their consequence without fussing
  - Whenever possible, **use these opportunities to fill the "MISTAKE/ LEARNING JAR"** (see other handout)