

Sharing Control: Homework Week 3 – Consequences

This week, I want to focus on the problem solving aspect of how you need to approach various areas that are causing problems, especially if you are feeling like you need to “up the ante” or anything like that in response to what you see as misbehaviour. I’m going to assume you have gone through the process of setting realistic expectations and know the ways in which you hope to teach the boundaries surrounding these areas. Now comes the process of knowing which way to step during these more difficult times. I will outline an example on this page and then provide the same spaces to complete it for yourself on a second page; you may print up the sheet as many times as is needed for each area of concern.

What is the area of concern?

My 4 yo child is regularly hitting and hurting her little brother who is under 2. We know she’s at a physical age and we are working on teaching bodily autonomy, but nothing we seem to say seems to have any effect and as we live together, we can’t keep them apart forever.

What are the natural and/or logical consequences that will or could come from this behaviour?

Natural:

- *She will probably lose a relationship with him, at least right now*
- *Eventually he’ll start hitting back*
- *He could get really hurt in some instances (which is the biggest concern)*

Logical:

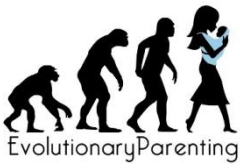
- *Separate them when she starts getting aggressive*

What do you think the need is behind the behaviour? Or do you see a pattern to the behaviour?

I wonder if she gets frustrated at the attention he gets, but he’s so clingy these days that it’s hard to find the time away from him as he gets upset when I do anything else. I notice it seems to happen more at the end of the day, not the beginning. This might go with the connection need because she is already tired and needs some relaxing time (and he can be full-on at that time of day).

How else can you address the need in addition to continuing to teach boundaries and, if necessary, allow natural consequences to follow or implement needed logical consequences?

I think she needs more one-on-one time with me or at least time that allows me to be present with her and not always telling her to do things or stop hurting her brother. Before she gets aggressive, I could make sure to have weekly individual time with her, I could also sit down to play with them for a bit and help her find ways to include her brother or have her and I be the ones to engage him so she feels like she’s connecting with me. And when things get bad, I do have to separate them, but make sure that I don’t get only angry at her, but empathize with how she must be feeling. I also need to have some activities for him in the evening to keep him from bugging his sister. I also may need to revisit my teaching methods for something that resonates better with her.



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What is the area of concern?

What are the natural and/or logical consequences that will or could come from this behaviour (remember to go through the steps for identifying appropriate logical consequences)?

What do you think the need is behind the behaviour? Or do you see a pattern to the behaviour?

How else can you address the need in addition to continuing to teach boundaries and, if necessary, allow natural consequences to follow or implement needed logical consequences?

Remember: For any logical or even natural consequence, you need to make your child aware of them ahead of time so they have the information.