

Age-Appropriate Consequences for Every Stage



Disciplining children of different ages can be tricky...

As kids grow, they have a better understanding and awareness of consequences. That's why it's important to adjust your discipline strategies based on your child's age. Let's explore the consequences that are right for kids at different stages.

CONSEQUENCES FOR TODDLERS (AGES 1-3)

Toddlers are just starting to understand rules. Here are some ideas for consequences:

TIME-OUTS

Give your toddler a short break to calm down and think about their behavior. For each year of their age, give them one minute of time-out.

REDIRECTION

If your toddler is doing something wrong, distract them by giving them something else to focus on.



CONSEQUENCES FOR CHILDREN (AGES 4-12)

Children in this age range understand consequences better. Try these ideas:

LOGICAL CONSEQUENCES

When a child misbehaves, you can give them a consequence that matches their actions. For example, if they don't do their homework, they lose screen time until they catch up.

TAKING RESPONSIBILITY

Teach your child to take responsibility for their actions. You can do this by involving them in fixing what they did wrong. They can clean up a mess or apologize.

CONSEQUENCES FOR TEENAGERS (AGES 13-18)

Teenagers are becoming more independent. Here are some ideas for consequences:

PRIVILEGE REMOVAL

Your teenager may misbehave or fail to do their responsibilities. If this happens, take away some privileges they value like their phone or going out with friends.

COUNSELING

Sometimes teenagers benefit from talking to a counselor or mediator. It gives them a safe space to share their thoughts and feelings.

PCASJC Promoting Positive Discipline

Appropriate discipline considers the child's stage of development. This includes their mental, emotional, and social growth. We can guide children through positive discipline by implementing age-appropriate consequences. This helps teach them responsibility and accountability.

For guidance and support, visit **Prevent Child Abuse of St. Joseph County (PCASJC)** at www.pcasjc.org. We offer resources and programs to help parents create a nurturing environment. Explore our website for valuable information on effective discipline strategies.

Help the children suffering from abuse and neglect.

Learn more at pcasjc.org



Prevent Child Abuse

St. Joseph County™

A Chartered Council of Prevent Child Abuse Indiana