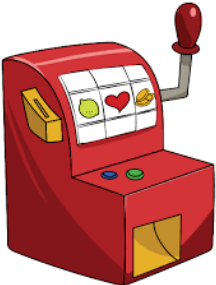



CONSISTENCY

When responding to your children, it is really important to be consistent. Your children need to know that the **Rules** don't change from day to day and that you always expect the same standards from them.

What?	How/Why?	
<p>Your children need to know they won't get rewarded for misbehaviour. If they think there is a chance they can get away with something, they'll always try, just like poker machine players who hope to hit the jackpot.</p>	<p>That means they need the same message each time, with the same consequences for good behaviour each time and the same consequences for bad behaviour. They need to get the same message from both parents. When your children nag or misbehave, you should be like a broken vending machine, and never give them a payoff.</p>	
What?	• How/Why?	
<p>When they are behaving well, that's when you should be like the poker machine and sometimes <i>praise</i> and reward that good behaviour, so they keep on doing it.</p>	<p>The ideal is to aim for in managing your children's behaviour. The experience your children have should be that if you say "No", you stick to it. So, if there's a time when you don't think you will be able to stick to it, say "Yes" in the first place. Don't say "No" if you are going to change your mind.</p>	

In real life it's not always possible to be 100% consistent. In real life there are times when you are overwhelmed by everything else that's going on, or when you're not well, so that you end up giving in because you don't have the energy to resist.

You're a person, not a machine.

At these times it's better to give in straight away instead of trying to hold firm but then giving in later. If you do that, your children learn that a bit of a tantrum or a bit of nagging won't work, but a **BIG** tantrum and **LOUD AND LONG** nagging will work, so their behaviour will actually get worse.