



Parenting with Love and Limits®

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CONSISTENCY PITFALLS HANDOUT

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Consistency Pitfalls



- Empty Statements
 - Threats you can't or wouldn't carry out
- Overstatements
 - "You're grounded for six months!"
- Changing "no" to "yes" and "yes" to "no"
 - Don't let circumstances cause you to change the contract
- Not checking on behavior
 - Don't punish if you didn't monitor
 - Never expect what you don't inspect
- Lack of unified parental voice
 - Parents must be on the same parenting page
- Different reactions to the same behavior
 - Don't let your mood dictate your responses

The Golden Rule

Don't say anything that you can't do or will not do, and do everything you say you are going to do.

(The more you follow this golden rule, the less you will need to actually punish)