

NATURAL VS LOGICAL

consequences

NATURAL

Consequences that happen without adult intervention.

Examples: Spends allowance immediately → No money left for a “want” later
Speaks unkindly to a friend. → Friend may not want to play with them
Leaves HW on counter → It gets thrown out because it wasn’t put away



WORKS BEST:

- The outcome is safe
- The lesson is clear
- The adult can tolerate the discomfort

DOESN'T WORK:

- Safety is at risk
- The consequence is delayed or confusing
- The child is too young to connect dots

LOGICAL

Consequences designed by the adult. Should be: Related, Reasonable, Respectful

Examples: Makes a mess → Cleans up before moving to next activity
Speaks unkindly to a friend. → Needs to apologize or take accountability
Goes past screentime limit → Gets less time the following day



- ✗ Not punishment: “You broke a rule, so you lose your tablet for a week.”
- ✗ Not revenge: “You embarrassed me, now I’ll embarrass you.”
- ✗ Not unrelated: “You didn’t clean your room, so no dessert.”

If the consequence doesn’t connect, the lesson doesn’t stick.

CHOOSING BETWEEN THE TWO

Is it safe to let this play out naturally?

- Yes → natural consequence
- No → logical consequence

Will my child understand the connection?

- Yes → proceed
- No → explain briefly and act



“Am I doing this to teach... or to discharge my frustration?” (Honest question, no shame.) If it’s not about teaching... take a break for yourself. Teach later