

April

Allow for Natural Consequences

Natural consequences may also teach problem-solving skills. So when it's appropriate, allow your young adult to face the natural consequences of his action. Just make sure it's safe to do so.

For example, let your young adult spend all of his money during the first 10 minutes you're at an amusement park if that's what he wants. Then, let him go the rest of the day without any spending money.

This can lead to a discussion about problem-solving to help her make a better choice next time. Consider these natural consequences as a teachable moment to help work together on problem-solving.

Ask your young adult these three questions to help him or her start to realize how their behavior affected the outcome of the situation. Once they work through it, they'll be more likely to make a different choice in the future. The questions are:

1. What part did you play in this?
2. What are you going to do differently next time?
3. What did you learn from this?