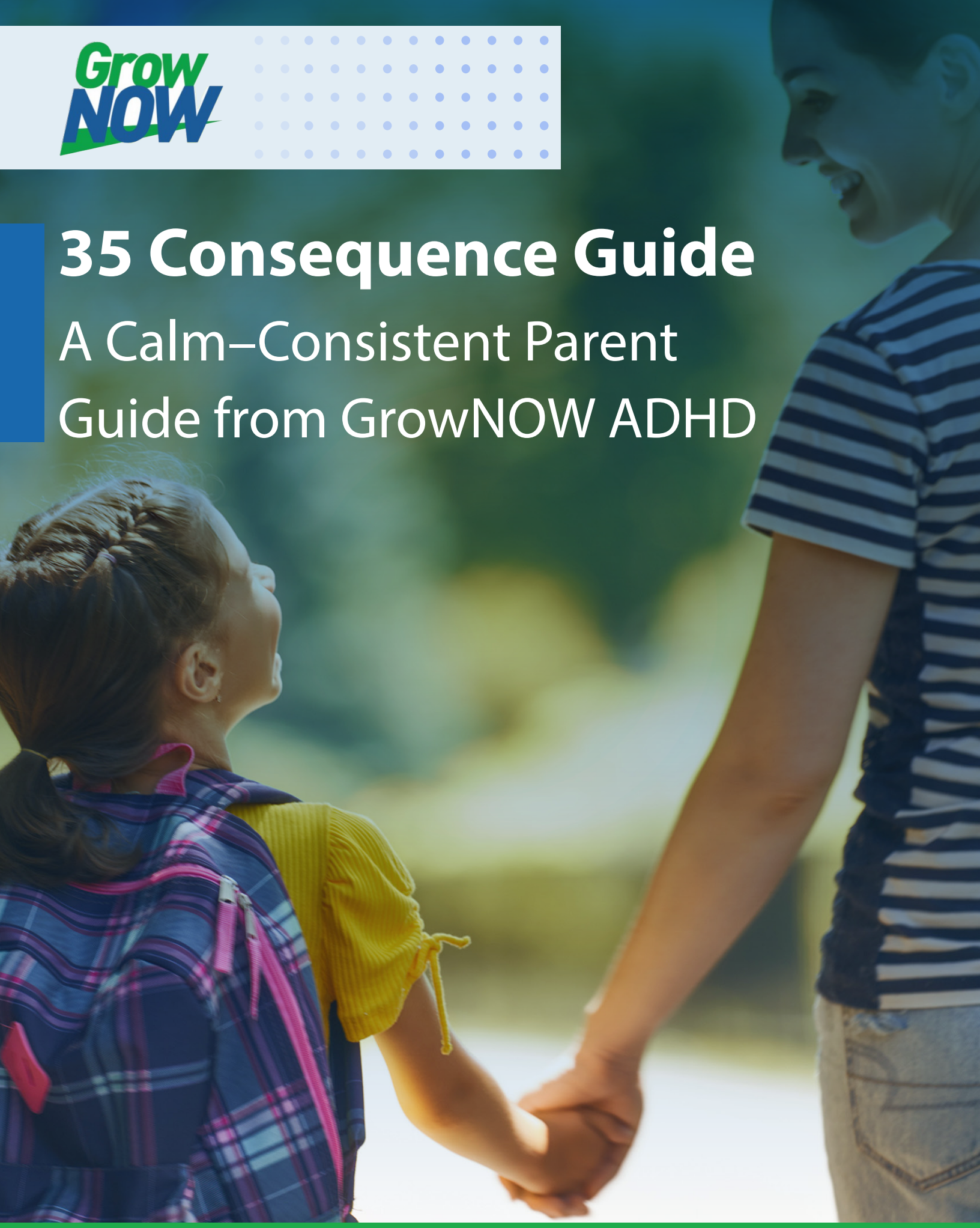
35 Consequence Guide

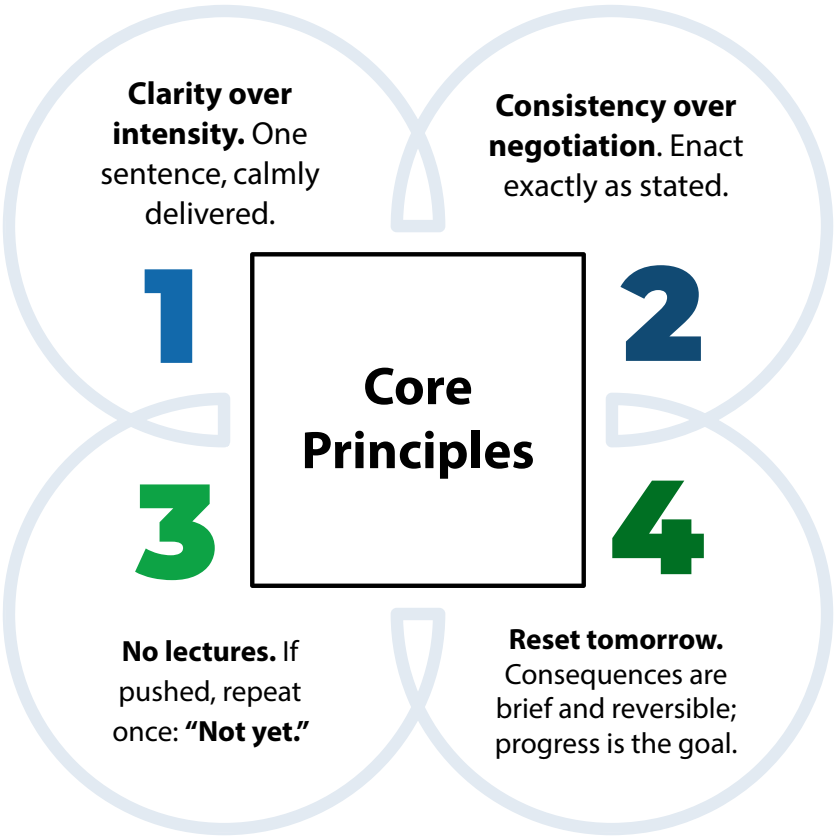
A Calm–Consistent Parent Guide from GrowNOW ADHD

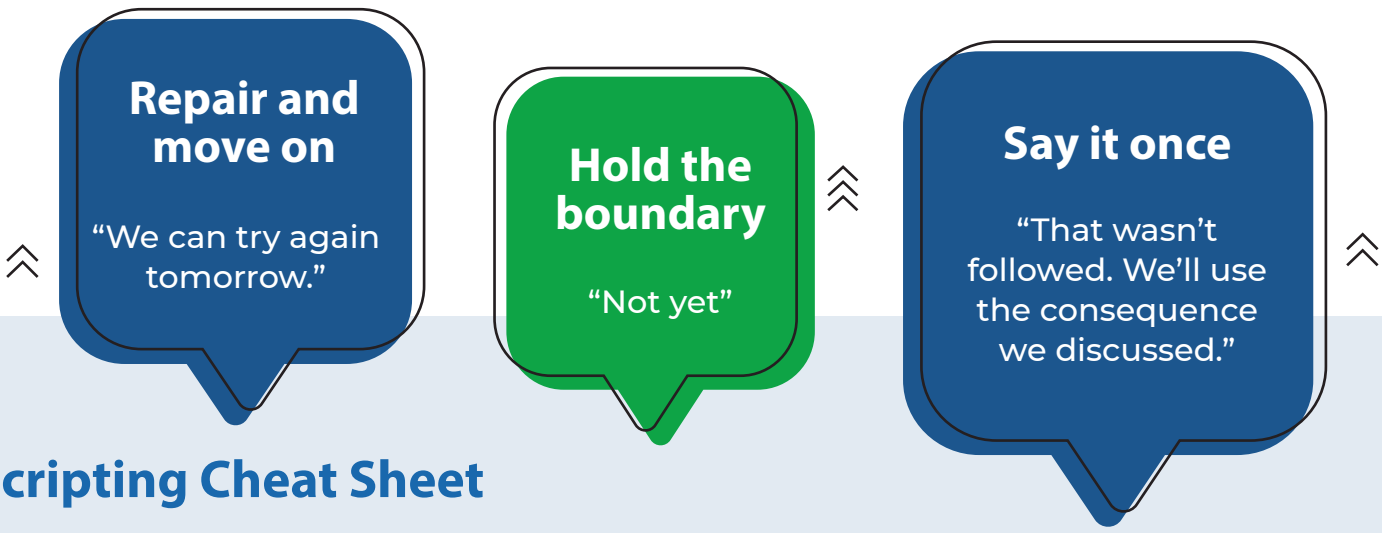


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How to Use This Guide

This free guide helps you respond to missed directives without yelling, debating, or bribing. These are clear, time-limited, proportionate consequences that protect the relationship while building internal motivation. Use them exactly as written or adapt to your home.





Scripting Cheat Sheet

Why this works (GrowNOW Internal Skills Model): Calm, consistent limits strengthen the internal skills that drive independence—self-regulation, self-motivation, self-evaluation, and self-awareness—anchored by non-verbal and verbal working memory.

Important Note on Screens

Screens are intentionally not listed here. If your child is unable to follow basic directives or complete non-preferred tasks, they cannot have screens at all. Screens kill motivation and make parenting dramatically harder. Remove them, eliminate them, and then focus on the list of ideas below. When foundational responsibilities are reliable again, you can revisit a tightly controlled screen plan if you choose.

The Consequence Menu (Choose 1; keep it brief and specific)

Home & Routine

1. **Early bedtime** by 30–60 minutes for 1–3 nights.
2. **House-only evening** for 24 hours (no neighborhood roaming).
3. **Bedroom door open** for 24 hours (common-area use only).
4. **Kitchen closed after dinner** for 24 hours (no post-dinner snacks).
5. **Loss of dessert/snack** tonight.
6. **Quiet Reading Hour** tonight (60 minutes: reading/writing only).
7. **Dining-table quiet hour** two nights in a row (30–45 minutes each).
8. **Morning tidy sprint** (20 minutes) before Saturday's outing.
9. **No food in bedroom** for one week—eat at the table only.

Responsibilities & Contributions

10. **Laundry lead** this week—wash and fold your own clothes.
11. **Cook-and-serve one family meal** this week (plan, cook, clean up).
12. **Bathroom cleanup** (sink, mirror, toilet, floor) by Saturday.
13. **Car wash & interior tidy** before the weekend.
14. **Yard work block** (45 minutes: rake, weed, sweep).
15. **Grocery stocker** on the next shop (load car, carry in, put away).
16. **Organize one household zone** (closet shelf/garage bin) for 30 minutes.
17. **Pet-care lead** for three days (walk/feed/water/litter).
18. **Meal-prep helper** three nights (set table, prep, dishes).
19. **Pack your own lunch** every day this week.

Social & Outings

20 **No friends over** this weekend.

21 **No visiting others' homes** this weekend.

22 **Postpone optional social outing** this weekend.

23 **Early pickup from next event** (30 minutes earlier).

24 **Chaperoned attendance** at next open-gym/park instead of drop-off.

Transport & Privileges

25 Suspend non-essential rides **(social/outings) for 48 hours.**

26 **Borrowing freeze** (car/bike/ sports gear) for 48 hours.

27 **Personal transport pause** (bike/ scooter/skateboard) for 48 hours.

28 **Front-seat privilege removed** for the week.

29 **Departure window enforced—**missed time means **next scheduled ride.**

Money & Purchases

30 **Allowance withheld/ reduced** for this week.

31 **No non-essential purchases** for one week.

32 **No concessions/snack purchases** at the next game or movie.

33 **No sugary beverages** (soda/ energy/coffee drinks) for 48 hours.

Community & Responsibility

34 **Community service hour** with family (local clean-up) this weekend.

35 **Mandatory family-dinner presence** each night this week.

Implementation Playbook



Step 1

Pick 5 go-to consequences from the menu and post them on the fridge.

Step 2

Pre-teach the plan at a neutral time: "These are the house consequences. If a directive isn't followed, we'll use one. No debates."





Step 3

Run the script in the moment. One sentence; enact. If pushed, say "Not yet."

Step 4

Debrief briefly later. "What's one change for tomorrow?" Move on.



Common Pitfalls

Lecturing. More words = more stimulation. Keep it short.

Changing the consequence mid-stream. Erodes trust; stick to the plan.

Over-stacking. One clear consequence is enough.

Inconsistency between caregivers. Align in advance; use the fridge list.

Repair Ritual (Quick Script)

1. Name it: "That didn't go as planned."
2. Own one piece: "I could have said it once and walked away."
3. Ask for theirs: "What's one change you'll try next time?"
4. Reset: "We both try again tomorrow."

Why Consequences (Not Punishments)?

Consequences teach **cause -> effect** without shame.

They protect the relationship while reinforcing follow-through.
This approach aligns with GrowNOW's focus on building the **internal skills** behind behavior, not just suppressing symptoms.

About GrowNOW ADHD

GrowNOW ADHD is a Philadelphia-area executive-function practice serving families in-person and virtually nationwide. We specialize in building the internal skills that drive independence:

- **Self-Regulation**
- **Self-Motivation**
- **Self-Evaluation**
- **Self-Awareness**

Anchored by Non-Verbal and Verbal Working Memory, our programs go beyond checklists and planners to create durable change at home, school, and in social life.



What We Offer

1. 1:1 Executive Function Coaching (child, teen, college)
2. Parent Training & Home Plans
3. School-Based Professional Development & Consults
4. EF-Camp and Social Skills Intensives (seasonal)



Why Families Choose GrowNOW

Practical, research-informed tools you can use tonight

Clear, compassionate boundaries that reduce conflict

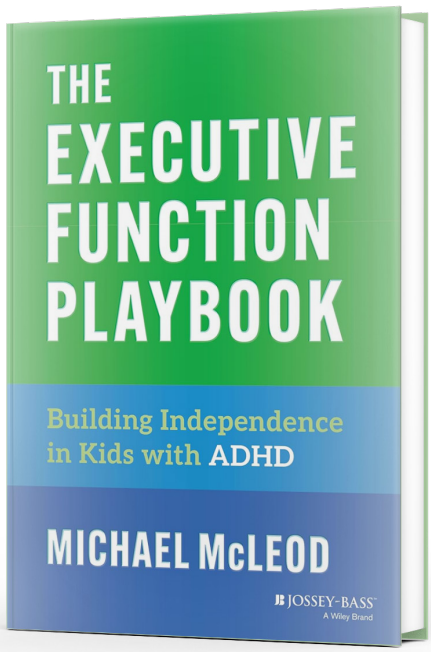
A consistent framework to fade prompts and grow independence

Ready to help your child grow now?

GrowNOWADHD.com **Mike@GrowNOWADHD.com** **@grownowadhd**

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Buy Mike's Books

The Executive Function Playbook

The Executive Function Playbook in Action Workbook

Disclaimer

This guide is educational and not a substitute for individualized medical or mental-health care. Use judgment for safety and developmental fit. If behavior raises safety concerns, seek professional support immediately.

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GrowNOW ADHD

Developing Independence Since 2016



Executive Function Coaching & Parent Training

Licensed & Nationally Recognized ADHD-Executive Function Specialists

We are your dedicated ADHD and Executive Function Professionals

- Work directly with the student to strengthen Internal Skills
- Collaboration with teachers and staff
- Direct Parent Training & Coaching

- Your own personalized Executive Function Specialist. We tailor everything toward the unique student and family. Your own personalized Grow Plan for Independence, Positivity, and Success!
- With our Expert Coaches, your child/teen will receive 1-1 Skill Coaching, combined with an intensive focus on Parent Coaching & Training
- We offer virtual and in-person sessions, where available. Our sessions are highly engaging and motivating to students, unlike what they have experienced before!

Focus on all 3 Zones of Executive Function

01 Academic

02 Social

03 Home

We work directly with students and families- following the research-based GrowNOW Model of Internal Skills:

- Self-Regulation of emotions & behaviors
- Self-Motivation toward non-preferred tasks
- Self-Awareness
- Self- Evalution

Real World PROGRESS

- Typically a significant decrease in dysregulation and behaviors
- Improvements in work completion and homework, higher test scores and grades.
- Parent, teacher and self reporting of more meaningful relationships and social engagements

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