



HOME ACTIVITIES FOR THE WEEK



To Do:

- **PLAY** or do some special time activity (e.g., read together, take a walk or bike ride, start a model or project) with your child every day for at least 10 minutes. Practice using effective praise and other social rewards during special time.
- **CHOOSE** one behavior you would like to see your child engage in more frequently, and systematically praise it every time it occurs during the following week; for example: playing quietly, going to bed when requested, picking up toys, and sharing with others.
- **DOUBLE** the number of praises you usually give and observe what effect this has on the child. Keep track of the results on the Record Sheet: Praises handout.
- **LIST** the behaviors you want to see more of on the Behavior Record handout.
- **READ** the handouts on examples of praise, and behaviors to praise.
- **CALL** your buddy to ask about praise & special time.



To Read:

Handouts and Chapter 2 – *Praise* in *The Incredible Years* and if time, Chapter 10 – *Teaching Children Friendship Skills*.