

Using Tangible Reward Programs to Teach Your Child New Behaviors

"Motivating Your Children"



HOME ACTIVITIES FOR THE WEEK



To Do:

- **CONTINUE DOING SPECIAL TIME** with your child every day for at least 10 minutes, and **INCREASE THE NUMBER OF PRAISES** given to your child.
- From your list of behaviors you want to see more of (The Behavior Record Handout), **SELECT ONE BEHAVIOR TO WORK ON WITH A CHART OR POINT SYSTEM.**
- **EXPLAIN** the star or chart system to your child for the behavior you want to encourage; **MAKE** the chart together and **BRING** the chart to the next meeting.
- **CALL** your buddy from the group and share your ideas about rewards.
- If your child is having problems at school, set up a program that includes tangibles for "good-behavior" notes from teachers. (Talk to your child's teachers about sending these home.)
- Share with teachers what incentives motivate your child.



To Read:

Handouts and Chapter 4 — Limit Setting — in the *Incredible Years* book.