

Brainstorm

Write down in the space below some no-cost or surprise rewards to use with your child.



No-cost or Spontaneous Tangible Rewards to Use With My Child

playing soccer with my child

child has a friend over to play

child decides what to have for dessert

parent has extra reading time with child

child has extra half hour of TV time

Goal:

I will commit to giving a surprise reward for _____

_____ behavior.



Brainstorm

Reward yourself!



Think about rewarding yourself. Have you ever used an incentive system to reward yourself for accomplishing difficult tasks, like completing a difficult project, or working hard as a parent? Think about ways you could reward yourself for your hard work as a parent.

Good Incentives for Me

A walk in the park

Tea/coffee with a friend

Warm bubble bath

Buy myself a good book

Goal:

I will commit to doing something positive for myself this week. This will include:



***EXAMPLES OF BEHAVIORS TO REWARD WITH
POINTS AND STICKERS:***

- Getting ready on time for school
- Arriving at home from school on time
- Making the bed in the morning
- Be kind to sibling for one hour
- Going to bed pleasantly
- Complying with a request
- Sharing with others
- Doing homework before playing computer games
- Reading for 30 minutes
- Turning off the TV or computer after one hour
- Setting the table
- Helping clean up the family room
- Doing chores
- Phoning parent to let them know where they are when out of school

BEHAVIOR RECORD

Behaviors I want to see more of:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____