

Reward Chart Instructions

Reward charts are a powerful way to increase positive behaviors by:

Encouraging behavior you want, like cleaning teeth without fuss, sharing, completing chores, using kind words, being friendly versus teasing; and rewarding your child for practicing new skills, like staying next to the trolley when shopping or putting all the toys in a box when asked. When you've decided on your chart, decide which stickers or tokens to use. Star stickers work well for younger children, whereas older children might like points or other markers.

Put the chart where your child can see it. Keep in mind that your older child might prefer a spot that's private – for example, in your child's bedroom instead of on the fridge.

Some things to consider when using a reward chart with your child.

Effective behavior chart and reward systems:

- Make it clear what behavior you are working to change.
- Identify the prize ahead of time.
- Identify how many stickers need to be saved up for the reward ahead of time.
- Make the prizes achievable.
- Use meaningful rewards that the child wants to receive.
- Keep your child's eye on the prize by reminding or displaying it.
- Be consistent.
- Connect the sticker to the targeted behavior by rewarding right away.
- Be positive and do not take away the stickers if your child misbehaves.