

Rewarding Positive Behavior

You can help motivate your child's positive behaviors by sharing specific rewards that they care about.

Start by Giving Them Something They Like



First Pick

Giving kids a choice is powerful. Consider letting them pick:

- A menu item for a meal
- Activity for a family fun day
- Chips/cereal to get
- Three songs for a road trip
- Video to share with the family
- Movie for movie night
- Game to play as a family
- Fast food/takeout



Spending Time Together

Spending time with you is special. Even giving them 10 minutes is great!

- Play a card game
- Try a craft project
- Dance together
- Paint each other's nails
- Blow bubbles
- Go on a scavenger hunt
- Toss a ball to each other
- Build something together

Add Ons

Add a bonus when they've really gone above and beyond.

- Special prize
- Online game
- Pick an extra book for bedtime
- Craft supplies
- Stickers
- 10 extra minutes of screen time
- Card or board game
- After school snack
- Bedtime 10 minutes later



Rewarding Positive Behavior

You can help motivate your child's positive behaviors by sharing specific rewards that they care about.

Remove Something They Dislike

A reward can also be taking away an unpleasant task or situation. Try these:

- Let them skip one chore.
- Pack their lunch one day.
- Do a chore for them.
- Pick them up from school early one day.
- Give them a homework pass.
- Let them skip the alarm clock.
- Pack their backpack for them.
- Pay something they normally pay for (ex: gas for their car) one time.



How Can I Be More Encouraging?

Paying attention is like sunshine to your child. Make a point to notice them by:

- Drawing a picture for them.
- Writing them a note.
- Smiling at them or winking.
- Giving them a high-five.
- Making up a song about their awesomeness.
- Taking them out, just the two of you.
- Writing a poem about the ways they are wonderful.
- Giving them a hug.

