



# 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       |                                 |





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## 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.

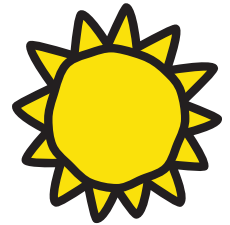
Let them skip the alarm clock.

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.