

Rewarding Behaviour

We want to reward positive behaviour: to support children to make good choices, to understand about their actions and to instil routine. Behaviour isn't seen as just *good* or *bad*. Behaviour is a broad term for many actions.

Rewarding positive behaviour has proven to be effective and a positive way to reinforce the desired behaviours.

The charts or materials you use should be visual. Your child should be able to see them as a reminder of what we are expecting. You will find lots of ideas and resources online, and we've also included a few example charts down below.

Some tips:

- Ask for your child's input – what motivates them? Decide (together, if you can) what they need to do and what rewards are on offer.
- Rewards need to be fun, attractive and something your child would really want to have or do.
- Be mindful not to promise extravagant rewards if you are unable to keep them up, especially if they are expensive.
- You can theme your reward chart to your child's interests
- Start off small, break down big tasks e.g. to tidy a room:
 1. Make bed
 2. Hang up your clothes
 3. Stack your books neatly
- Be clear and be consistent
- Charts do not have to be fancy and expensive; making your own with your child can be a great way to empower them to want to take part.
 - Whiteboards are a great resource
 - Stickers can be a good resource too.
- Be realistic with expectations
- Adapt for age

Reward Chart

Add a sticker into each box to reinforce positive behaviour. Every four stickers, give your child the reward in the right-hand box. Build up to bigger rewards with more stars earned.

				Reward: visit the park with my scooter
				Reward: a magazine
				Reward: colouring activity
				Reward: play date
				Reward: make biscuits
				Reward: movie night
				Reward: day out

Reward Tick List for daily tasks

These are for general tasks/behaviours you are working towards. Use colours, shapes, faces or symbols to record.

In this way, broader tasks can be broken down to smaller and more manageable tasks:

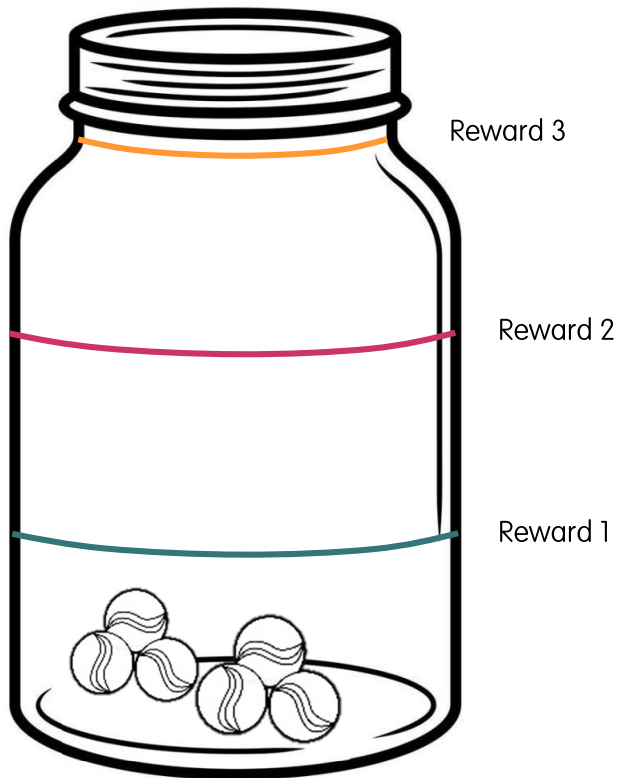
- Sleep
- Toileting
- Eating
- Non-Violent behaviour
- Siblings
- Hygiene routines
- Routines
- Organisation and more

	Brushing teeth at bedtime	Read your book	Getting ready for school	Kind hands	Make your bed	Wash hands	Remember your coat
Monday							
Tuesday							
Wednesday	😊	😊	😊				
Thursday	X		X			X	
Friday	♥		♥		♥	♥	♥
Saturday							
Sunday							

Get ready for school	Brushing teeth	Wash face	Get dressed	Brush hair	Check schoolbag	Eat breakfast	Reward
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Reward Jar

This could be a physical jar, or a drawing. Fill up the jar to reward good behaviour; when the jar is filled up to the marking, do something to celebrate! To track progress, you might colour in the jar, or add pebbles, marbles, or even coins that your child gets to keep.



Target Builder

Write down your goal on a post-it note or a bit of paper. Add a sticker to the chart every time your child practices. When they have learned the skill, give them a reward!

<p>I am working towards</p> <p>.....</p> <p>(e.g. tying my shoes, riding my bike)</p>

Great Start!	Keep going...	Well done!	Almost there...	You did it!