






Behaviour Chart

Gives a bit of extra encouragement to change a behaviour or complete a task.

- Ask child for ideas for what reward they would like to earn (within limits!). 
- Describe exactly what child has to do to earn a reward. Look out for loopholes in the 'rule' - children are experts at finding them! Write the goal behaviour on the chart. 
- State the behaviour in the positive, if possible.
- Ask child to say what they have to do to earn the reward back to you, so that you know they understand.
- Make it easy at first so the child succeeds and is motivated to continue with the reward chart. 
- When your child reaches their goal every day, slowly make it harder to get the reward.
- You can use points, stickers, draw smiley faces or funny pictures to show child has achieved steps towards their reward / goal. 
- PRAISE the child when they achieve their goal. 
- If the child doesn't achieve their goal, don't criticise or discuss, don't put a black mark or a sad face. Just say something like, "I'm sure you will manage it next time."
- Don't take away rewards or points that they have previously earned for not achieving the goal, or for other misbehaviours, as this will de-motivate the child.
- What motivates children (i.e. their reward) can quickly change, so you may have to review and change the reward if it is not having the desired effect any more. 