BEHAVIOR CHARTS

- Start with only one behavior and goal.
  - Select one target behavior that is most distressing to the caregiver (e.g., if a child is arguing often and hitting others, hitting would be chosen as a target behavior as it is more harmful).

- Be specific and descript!!
  - Clearly identify the target behavior and goal. "Be good this week and you'll get a prize" is too vague for a child.

- Set a realistic goal -- Start low and raise the bar.
  - The first week's goal should be either where the child is at currently or slightly improved. We want them to learn the system and see success early on. Don't set the child up for failure by setting the goal to high.
  - For a child who is hitting almost every day, set the first week's goal as 1-2 days with no hitting.

- Explain the behavior chart plan to child.
  - This can be done in session with the family.
  - Keep a positive focus: "We want to work as a family to help you (not hit). We know there are lots of times when you play nicely and don't hit others, so we want to reward you for those times. You'll get a sticker for each day you go without hitting. When you earn 7 stickers, you get (to pick a movie to rent on Friday). We are so excited because we know you can do this!"

- Let the child help choose rewards.
  - Rewards should have minimal cost. Examples:
    - Extra TV/computer/video game time
    - Choosing what's for dinner
    - Book/game time with a parent
    - Staying up 20 extra minutes
    - Helping cook dinner

- Change rewards frequently.
  - One way to do this is to come up with several rewards and place them in a 'grab bag' from which the child gets to choose.

- Add stars daily and give rewards weekly.
  - Give attention throughout the week for the child's progress. Post the chart where the child can see it. Make a big deal of awarding the stickers each day.
  - For times that a child does NOT earn a sticker, refocus on earning the next one. "I'm sad that you chose to hit and didn't earn a sticker, but I bet this afternoon you can earn a sticker. You need 3 more this week to get the prize!"

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_____’s REWARD CHART

Date:_____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Evening							

Goal: _____

Reward: _____

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