

IDEAS FOR GREAT REWARDS



Many parents use rewards to change a child's behavior. For example, you've probably said, "If you clean your room today, you can have pizza for dinner!" or "When you finish your homework, then you can visit your friend." Rewarding a behavior makes the child more likely to do it.

There are many things you can use for rewards, and most don't cost money. The best rewards are the things your child likes to do in his or her spare time. The list below contains many examples. Check it out and see if they might work for you!

Having a friend stay overnight

Staying up 15 minutes later than usual

Having a friend over to play

Fifteen minutes of "special time" with mom/dad

Mom/dad does one of the child's daily chores

Picking a favorite food on the next grocery trip

A big hug and praise from mom and/or dad

15 minutes of reading time with mom/dad

Choosing the screensaver for the family computer

Choosing what is for dinner

Going on a walk with Mom or Dad

Selecting a movie to rent

Having a friend over for dinner

Going to visit a friend during the day

Going to a friend's house for the night

One penny (or nickel or dime, etc.)

A smiley face or other fun sticker

Buying a small toy