



Points to remember when rewarding your child:

- ✓ Explain clearly the desired behaviour- choose 1 or 2 behaviours to start with.
- ✓ Reward when the desired behaviour has been achieved - NOT before.
- ✓ Involve your child in agreeing the rewards.
- ✓ Don't mix rewards with punishments. Don't take a reward away if they have earned it.
- ✓ Rewards should be inexpensive- praise, smiles and hugs are also rewards.
- ✓ Use WHEN and THEN e.g. **When** you have tidied away your toys, **then** I will read you a story.

Examples of suitable rewards include: Choosing what to have for tea. Choosing a TV programme. Spending 1:1 time with a parent. A small packet of sweets (occasionally).

Remember: Ask yourself "What will motivate my child?" and if they have earned the reward it is only fair that they have it.