

Parent Tip #7: Incorporate Rewards



Challenge

Students lack motivation

Do you feel like you could use your own reward chart that rewards you as the parent for remembering that positive discipline works better than negative discipline? It is common to experience those days when you have simply run out of things to take away. Instead, focus on rewarding good behavior and redirecting problematic behavior. Why?—because it works, and research has documented the results.

Incentivize your child's learning behavior with rewarding things that your child values rather than taking away privileges. It might be a new book, a coveted video game, or simply a movie date with Dad. If you design rewards with your child, you might be surprised what your child comes up with.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Sam								
Lydia								



Here are just a few ideas to get you started:

- Quality time doing a special activity together
- Praise, sticker charts, certificates
- Choose the dinner menu or a special treat
- Free time: such as complete the week's schoolwork by Thursday and get a free day on Friday
- Watch a movie or show of your child's choosing
- Use of special supplies: markers, glitter, stamps, etc.
- Receive a plant or seeds to start or add to a garden
- Prizes to promote physical activity: Frisbee, Hula Hoop, jump rope, sidewalk chalk