

Activity—Remembering to Offer Praise

Pick one or more of the following activities and complete it.

Kitchen Time Reminder

For one day, set the kitchen timer for 15 minutes. Every time it rings, think about your child's positive behavior during that 15 minute period. Praise your child for the appropriate behavior.

Reward Jar

Pick one behavior that you would like your child to do more often. On slips of paper, write positive consequences (rewards) your child would like. Put the slips of paper in a jar. When you praise the child for that positive behavior, let him or her pick a reward out of the jar.

List of Rewards

Make a list of the positive consequences (rewards) that motivate your child. Next to each reward, list a behavior that the child needs to do to earn that reward. For example:

Reward	Behavior
<i>Talking on the phone</i>	<i>Doing homework</i>
<i>Going out with friends on Saturday</i>	<i>Being home right after school every day</i>
<i>Staying up late on weekends</i>	<i>Going to bed on time</i>
<i>Playing a game with mom or dad</i>	<i>Doing chores without being reminded</i>

Marble Mania

Every time you praise your child, they get to put a marble in a jar. When the jar is full, everyone in the family gets a reward.

Examples: the family goes out for ice cream, everyone goes swimming, each child invites a friend over for pizza and a movie, etc.