

Using Charts and Contracts

Charts and contracts involved parents making certain things (privileges and other rewards) available when their children do certain things in return.

When do you use charts and contracts?

- You want to focus on a particular problem behavior.
- Your child has a goal they would like to achieve.
- You have a particular goal you would like your child to achieve.

Exercise #6.1

What are some goals that you have for your child? What are some of your child's goals? The first step toward creating effective charts and contracts is to identify what each of you wants to accomplish.

Make a short list of some things you would like your child to do:

1. _____

2. _____

3. _____

Make a list of things that your child would like to do:

1. _____

2. _____

3. _____
