

Writing Contracts

- Identify goals—yours and your child’s
- Write what you want your child to do
- Write what your child wants to do
- Set a time limit
- Date and sign the contract

Example—Writing a Contract

Here is how this might work with a 15 year old girl who wants a later curfew, and her parents who want her to come home on time.

1. Identify goals—yours and your child’s

- Parents’ goal: Parents want child to be more responsible and come home on time.
- Child’s goal: Child wants more freedom and a later curfew.

2. Write what you want your child to do

- Be home by 9:00 P.M. Sunday through Thursday and 10:00 P.M. on Friday and Saturday for two weeks in a row.

3. Write what your child wants to do

- Move curfew back to 10:30 P.M. on Friday and Saturday nights.

4. Set a time limit

- Pick a specific time each evening when you and your child can review progress. Also, note that the contract specifies that it will continue for two weeks or until the contract is renegotiated.

5. Date and sign the contract

- Signatures indicate that the contract is in effect. Signatures also indicate that you and your child feel this is a fair agreement.

Look at the following page for an example of a contract.

October 20, 2009

This is a document to keep record of the agreement made between David, Janice, and James Smith.

James Smith has requested the privilege of attending a concert with his friends. This concert will keep James out past his curfew. David and Janice would like James to increase his grades to a B average.

James agrees to:

- Complete 1 hour of study time each weekday
- Talk to parents and teachers if he is below a B in any subject
- Attend class every day on time
- Meet with a tutor if necessary
- Turn all homework in on time

James will complete these tasks each week for 8 weeks. Each week James completes all of these tasks, he will earn \$10 toward the purchase of the concert ticket.

David and Janice agree to:

- Help James with his homework during study hour
- Meet with James' teachers
- Find a tutor if necessary
- Pay James \$10 for each week that he completes his tasks

If, at the end of 8 weeks, James does not have a B average, he will not be able to purchase the ticket to the concert. However, he will be able to keep the money he has earned. If James does not earn enough money for the ticket, and he has a B average, then he will need to come up with the rest of the money by himself. If James earns the privilege of going to the concert, David and Janice will provide transportation for him and his friends, to and from the concert.

Signed:

James Smith

David Smith

Janice Smith
