

## Developing Charts

- Identify goals—yours and your child's
- Set a time limit
- Draw/create the chart

## Example—Developing a Chart

Referring to the chart of the following page, look at how Megan (age 6) and her parents created a chart to help her complete her morning duties.

Megan was struggling with getting ready in the morning. This caused problems for the entire family. They created a chart to help Megan keep track of the tasks she needed to complete and to motivate her with rewards.

Megan earned a star for each of the tasks she completed. She was able to earn extra privileges according to the number of stars that she had on her chart each day. The chart has three lists of privileges that she can earn. For example, on Monday she earned five stars, so she was able to pick three privileges from any of the lists; however, on Wednesday she only earned three stars, so she was only able to choose privileges from the first list.

Look at the following page for an example of Megan's chart.

# Megan's Morning

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Get Dressed	★	★	★	★	★	★	★
Make Bed	★	★			★	★	
Eat Breakfast	★	★	★	★	★	★	★
Brush Teeth	★	★		★	★	★	
Ready for School on Time	★		★	★	★	★	★

Each day that I have 3 stars, I get to pick one of the following:

- Call 1 friend on the phone
- Ride my bike
- Have the special glass at dinner

Each day that I have 4 stars, I get to pick two things to do. They can be from this list or the 3 star list.

- Have a 15 minute later bed time
- Call 2 friends on the phone
- Play a card game with mom or dad

Each day that I have 5 stars, I get to pick three things to do. They can be from any of the lists.

- Have a 30 minute later bed time
- Have a friend over to play
- Go to a friend's house to play