


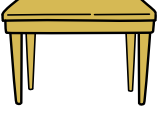



Reward charts

Here is an example of a reward chart that can be used to encourage your child to become more independent in doing tasks around the house. It may be a nice idea to copy and laminate the chart. That way you can use a white board marker to draw a smiley face each time a task is completed – the chart can then be re-used each week. You may wish to give a small reward at the end of the week if a certain number of smiley faces are obtained. Rewards should be small and inexpensive, for example stickers, sweets or small toys. It should be more about your praise of your child's efforts, than the actual reward.

Reward chart							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 make your bed							
 brush your teeth							
 pick up your toys							
 set the table							
 feed the dog							

A different type of reward chart could be a long worm or snake with blocks for stickers, stars or smiley faces. If you choose to use this type of reward chart you can include a bigger reward once the whole snake is completed (maybe 30 blocks). This way you can decide when to give a sticker or smiley face for a task that has been completed. It is better to make the reward quality time with your child than to buy expensive gifts. Examples include: a visit to her favourite park, a milkshake at a restaurant, time out to do a craft or baking activity together, go to see a movie or have a weekend picnic.

There are some fun ideas for different charts on www.rewardcharts4kids.com. See the fun and colourful Smart-Kids star charts on www.smart-kids.co.za.