

Refrigerator Notes & Handouts

Motivating Through Incentives



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Motivating Children Through Incentives

HOME ACTIVITIES FOR THE WEEK



To Do:

- **CONTINUE PLAYING** with your child every day for at least 10 minutes, and **INCREASE THE NUMBER OF PRAISES** given to your child.
- **TRY** giving a spontaneous sticker or special treat for a social behavior you want to encourage.
- From your list of behaviors you want to see more of (The Behavior Record handout) **SELECT ONE BEHAVIOR TO WORK ON WITH A STICKER CHART OR REWARD SYSTEM.**
- **EXPLAIN** the sticker system to your child for the behavior you want to encourage; **MAKE** the chart together and **BRING** the chart to the next meeting.
- **CALL** your buddy from the group and share your ideas about incentives.



To Read:

- Handouts and review Chapter 6, *Incentives and Celebrations*, in **The Incredible Years** book.

Motivating Children Through Incentives



HOME ACTIVITIES FOR THE WEEK



To Do:

- **CONTINUE PLAYING** with your child every day for at least 10 minutes, and **INCREASE THE NUMBER OF PRAISES** given to your child.
- **KEEP WORKING** on your chart or sticker program.
- If your child is having problems at school, set up a program that includes tangibles for “good-behavior” notes from teachers. (Talk to your child’s teachers about sending these home.)
- **SHARE** with teachers what activities motivate your child. (And praise her efforts to work with your child.)



To Read:

- Handouts and Part 3, Problems 3 & 10, *Dawdling and Mealtime Problems*, in **The Incredible Years** book.

REFRIGERATOR NOTES ABOUT TANGIBLE REWARDS



- Define appropriate child behavior clearly.
- Make the steps small.
- Gradually increase the challenge.
- Don't make programs too complex—choose one or two behaviors to start.
- Focus on positive behaviors.
- Choose inexpensive rewards.
- Have daily rewards.
- Involve your child in choosing rewards.
- Get the appropriate behavior first, then reward.
- Reward everyday achievements.
- Gradually replace rewards with social approval.
- Be clear and specific about rewards.
- Have a varied menu.
- Show your child you expect success.
- Don't mix rewards with punishment.
- Consistently monitor the reward program.
- Co-ordinate your program with your child's teacher.

Refrigerator Notes

Toilet Training

Some children are trained by three years but don't worry if your 3-year-old isn't trained; many children aren't ready until they are four years old. If your child shows signs of readiness you can begin toilet training about 2½ years. Avoid rushing or getting into power struggles over this. Do this training when you have the time and patience and don't have too many other family pressures.

Signs of Readiness

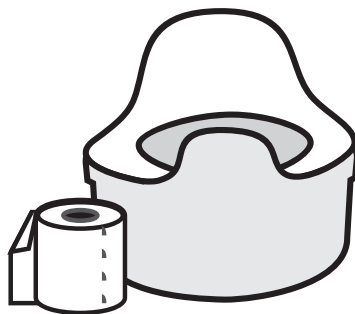
- your child can stay dry for 3 hours or more
- your child recognizes the signs that she has to go
- your child can pull down her pants down and up by herself
- your child seems interested or motivated to become potty trained
- your child is imitating others going to the bathroom
- your child can follow simple instructions

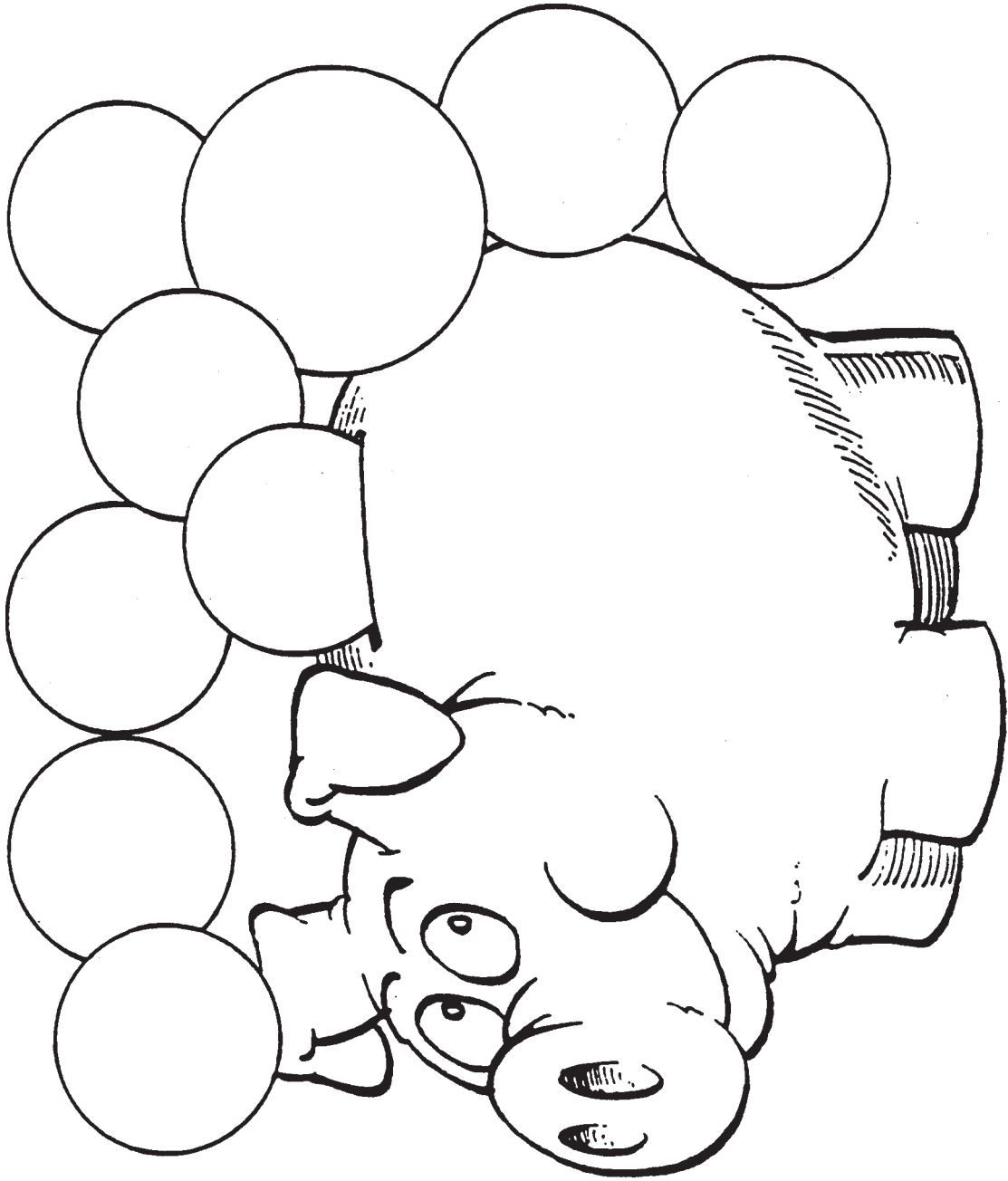


Refrigerator Notes

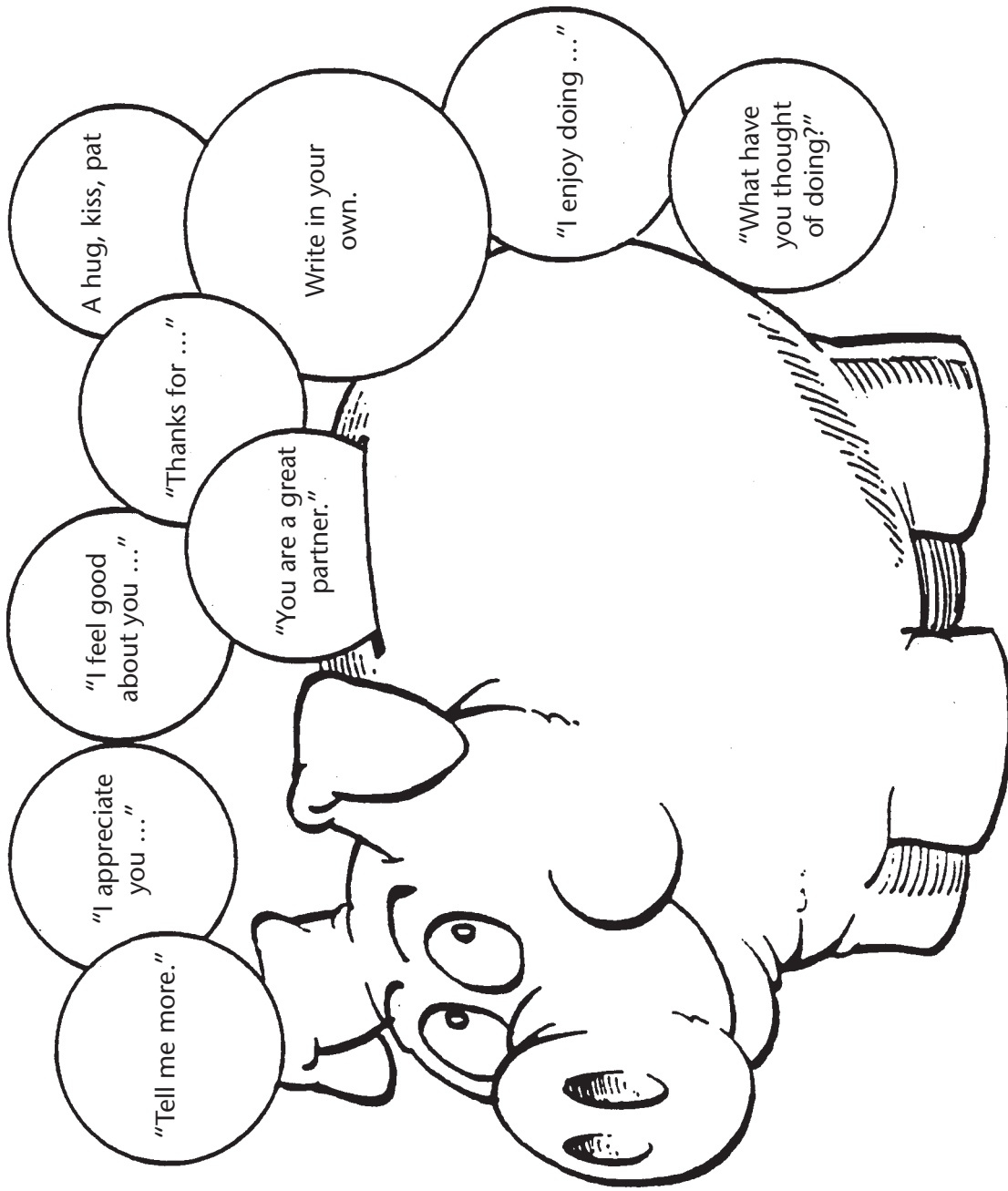
Starting Toilet Training

- Dress your child in clothes that are easy to get undone such as elastic-wasted pants
- Use a child-sized potty chair or special adaptor seat with a stool
- Create a routine for sitting on potty—start by seating your child fully clothed once day, whenever s/he is most likely to have a bowel movement
- Progress to sitting your child on the potty bare-bottomed. Don't restrain or force your child to sit there
- Let your child watch you or older siblings go to the bathroom
- Show your child how you use the toilet paper, flush the toilet and wash your hands
- Praise your child every time she uses the potty seat, or you check and she has dry pants
- Set up a schedule for going to the bathroom
- Make sure your child knows it's okay to ask for help to go to the potty *anytime*
- Teach your child how to clean and wash hands after going to the potty
- Expect set backs; don't make a big deal out of mistakes such as wet beds or accidents—stay calm and positive, "it's okay, next time I bet you will use the potty chair"
- Once training is established, consider using training pants as this allows toddler to undress by himself; introduce them gradually maybe for a few hours at a time
- Keep using diapers at night; even though your child is dry during the day, it can take months or years before children are dry at night





Write in your favorite no cost/low cost incentives

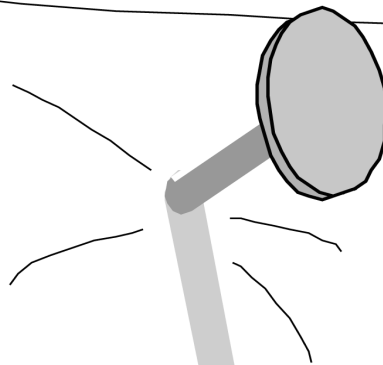


***Remember to Build Up Your Bank Account
With Support and Encouragement***



***Examples Of Behaviors To Reward
With Stars And Stickers:***

- Getting dressed by him/herself before the timer goes off
- Eating politely with spoon
- Making it through the night without wetting the bed
- Making the bed in the morning
- Not teasing siblings for 30 minutes
- Going to bed when asked
- Complying with a parent's request
- Sharing with sibling
- Doing homework
- Reading a book quietly
- Turning off the TV
- Watching only 1 hour of TV
- Helping set the table
- Staying calm when frustrated
- Putting dirty clothes in hamper
- Use friendly words
- Using toilet
- Washing hands before dinner
- Brushing teeth
- Staying by side of grocery cart
- Using words to state needs
- Sleeping in own bed all night

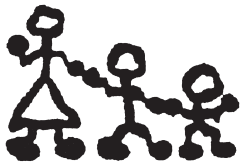


Practice
Praising Yourself and Others!

- Send a note to your child's teacher telling what you like about your child's classroom and learning experiences.

AND/OR

- Praise another parent or family member.
- Give yourself a compliment.



Handout Caring Days

Strengthening Support Between Partners

Marital discord can make it very difficult for parents to be effective in managing their children's behavior. The following exercise is designed to strengthen your relationship.

Identify 10 to 20 "caring" behaviors that your spouse could do that you would enjoy. Ask your spouse to do this also. List these behaviors on a piece of paper and post them. Each day you and your spouse should try to select one or two items from the list and do them for one another. These caring behaviors should be (a) positive, (b) specific, (c) small, and (d) something that is not the subject of a recent conflict.

Examples:

- Ask how I spent the day and listen.
- Offer to get the cream or sugar for me.
- Listen to "mood music" when we set the clock radio to go to sleep.
- Hold my hand when we go for walks.
- Massage my back.
- Arrange for a baby-sitter and go out.
- Let me work late one night without a hassle.
- Have a quiet dinner without the children.
- Offer to watch the children while I make dinner, read the newspaper, etc.
- Allow me to sleep in one morning on the weekend.

By doing this exercise, you will obtain a record of each other's efforts and become more observant of how the other person tries to please. We have noticed that parents are often quite willing to please their partner if they understand precisely what their partner wants and know that their efforts will be recognized.

Support for Single Parents

If you do not have a partner, it is important to arrange some "caring days" for yourself. You could do this by developing a list of pleasurable things you would like to do for yourself. Each week pick some of the items from your list to give yourself.

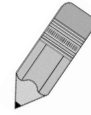
Examples:

- Have dinner with a friend.
- Go to a movie.
- Arrange for a back rub.
- Take a piano lesson.
- Walk to the park.
- Have a bubble bath.
- Buy and read a fun magazine.

It is also important for single parents to set up a support system. This might be done by meeting regularly with other parents, close friends, or family members. Organizations such as Parents Without Partners, church groups, recreational groups, and political groups can be sources of support and stimulation.

Brainstorm/Buzz

Write down in the space below some no-cost or surprise rewards to use with your child.



No-cost or Spontaneous Tangible Rewards to Use With My Child

Playing soccer with my child

Child has a friend over to play

Child decides what to have for dessert

Parent has extra reading time with child

Child has extra half hour of TV time

Goal:

I will commit to giving a surprise reward for _____

behavior.



Brainstorm/Buzz

Reward yourself!



Think about rewarding yourself. Have you ever used an incentive system to reward yourself for accomplishing difficult tasks or goals, like completing a difficult project, or working hard as a parent? Think about ways you could reward yourself for your hard work as a parent.

Good Incentives for Me

A walk in the park

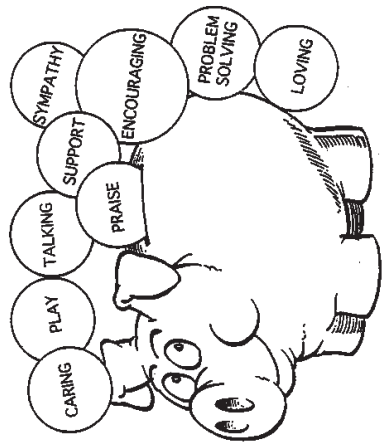
Tea/coffee with a friend

Warm bubble bath

Buy myself a good book

Goal:

I will commit to doing something positive for myself this week. This will include:



My Sticker Chart

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

