

Reward idea

Parents often ask me about good behaviour rewards.

I try to think of rewards for good behaviour as this is working on the positive aspects of behaviour.

This is a favourite of mine which will not cost you the earth!

You could print a jar and write on it or if you have a jar at home use that and decorate it together and write your rewards on the jar or fold them up and pop them in the jar you have decorated with your child and your child can pick one out once they have achieved their goal, it is important that your child picks the rewards as this is what they are aiming for.

Here are some ideas of what you could write or put in your Jar for your child to pick.

- I can pick pudding tonight
- Have a story with an adult
- 1:1 time with a parent
- Pick what we are having for tea
- Going to the park
- A bike ride
- Go swimming
- 30 minute on my electrics
- Have a friend over for tea

You can tailor this to your child's interests.

