Welcome! We will begin shortly.

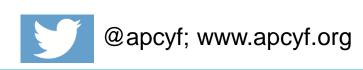
As we're waiting, please post in the chat box:

- your zip code
- number of children
- schools they attend (add if you have any pre-k too!)

Parent Support: How to Navigate Challenging Time Incentive Systems!

MICHAEL SWISHER

PARTNERSHIP FOR CHILDREN, YOUTH, & FAMILIES
CHILD & FAMILY SERVICES DIVISION





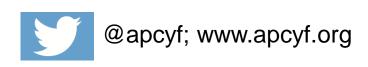


Incentives

How do I get my child to

- ? **Do** something they don't want to do?
- ? **Stop** doing something I don't want them to do?

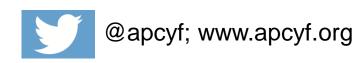






Incentive System Steps

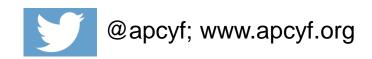
- Identify the behaviors or actions that you want to change
- 2. Determine the **prize**
- Design the systema to track and change behavior
- 4. Implement it!





Incentives ARE

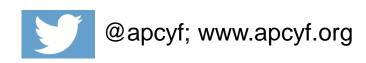
- External motivation
- Bridge to get them started
- Planned and set up in advance
- Known: everyone knows how it works





Incentives AREN'T

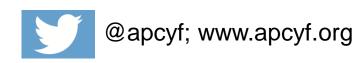
- Bribes
- Capricious
- Unnatural
- Going to ruin your kids





Incentive System Steps

- Identify the behaviors or actions that you want to change
- 2. Determine the **prize**
- Design the systema to track and change behavior
- 4. Implement it!





Behaviors that BUG us! Use this table to identify behaviors you want to focus on with an incentive program



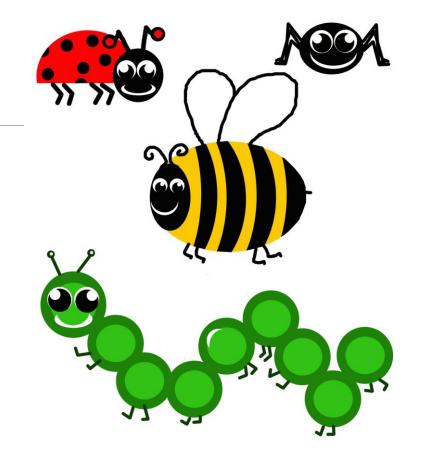
BEHAVIORS THAT BUG YOU INSTRUCTIONS	List ALL behaviors that bug you	BEHAVIORS YOU WANT TO WORK ON
		(Choose only 1 or 2)
n the next column, list ALL of the behaviors that bug you. Select 1-2 that you would <u>really</u> like to change. This might be because they are very disruptive, annoy the heck out of you, or have an impact on the family.	- - -	
Write those in the 3 rd column (under the bugs)	- -	
Think a bit when you see these behaviors occurring, are here patterns? When does it happen? What is going on around the child? What might be contributing to their	- -	
pehavior? Write some ideas below. These can help you, and your child, change those behaviors.	-	
	- -	Behavior 1 (old)
	-	-
	-	Behavior 1 (NEW)
FINALLY:	-	_
What would you LIKE the behavior to be? Come up with a	-	
reasonable replacement behavior, stated positively	-	
without using 'no', 'don't' or 'stop').	-	Behavior 2 (old)
example: child leaves shoes in the doorway when they come home.	-	-
Nhat you want: "Quinn will put their shoes away when	-	
hey come home. "	-	
	-	Behavior 2 (NEW)
THESE are your target behaviors	_	` ′
, -		

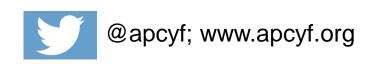


Behaviors that bug US

On the Bug Paper (see the website)

- Write ALL the behaviors of your child(ren) that BUG you!
- Choose 1-2 you want to focus on
- Write out the CORRECT behavior



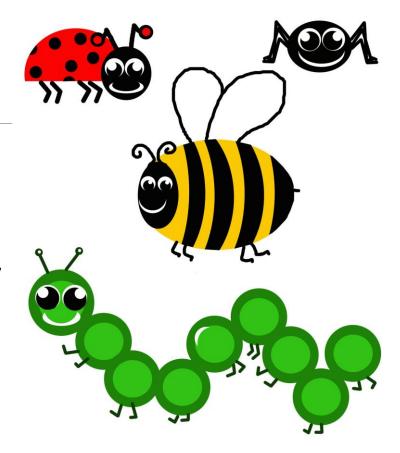


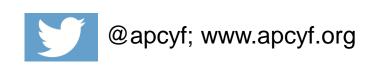


Behaviors that bug US

The CORRECT behavior

- Positively Stated
 - If it has the words "no", "don't" or "stop", try again!
- Be Specific!
 - Be nice...vs...use nice words and tone of voice

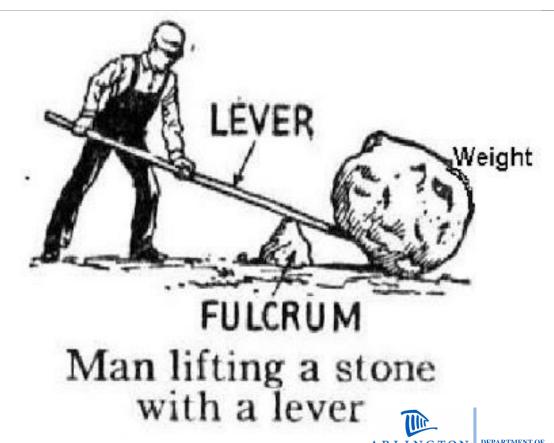


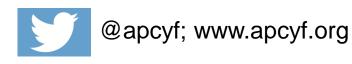




Rewards & Incentives

What do THEY want?







MICHAELS Reward Chart

I am working toward PICNIC IN THE PARK

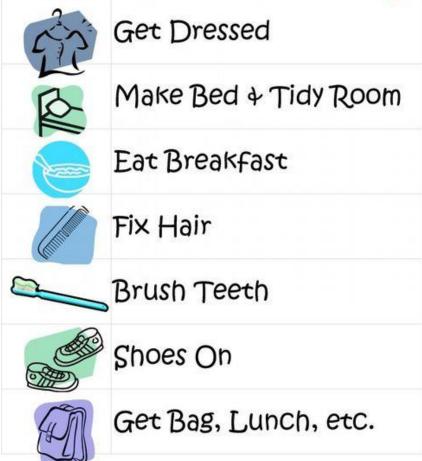
Activity	Dayl	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
MORNING CHECKUST	9	(3)	()		***		
AFTER SCHOOL LIST	9			9	W.		
EVENING LIST		(=)			(FD)		
SITTING AT THE TABLE FOR MEALS		3		3			
CLOSING AND FLUSHING THE TOILET	9				(B)		
SHARING TOYS WITH MY BNOTHER		3			00		

Incentives

Tasks

Good Morning Routine!









Incentives

Behaviors





@apcyf; www.apcyf.org





www.RewardCharts4Kids.com

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Questions?

And a little feedback!

Let us know how this was.

In the chat box, share 1 – 5 how useful this was.



