

**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!

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*CHILD & FAMILY SERVICES DIVISION*



@apcyf; [www.apcyf.org](http://www.apcyf.org)



Child and Family Services Division



# Incentives

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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?



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# Incentive System Steps

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



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# Incentives ARE

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



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# Incentives AREN'T

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



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# Incentive System Steps

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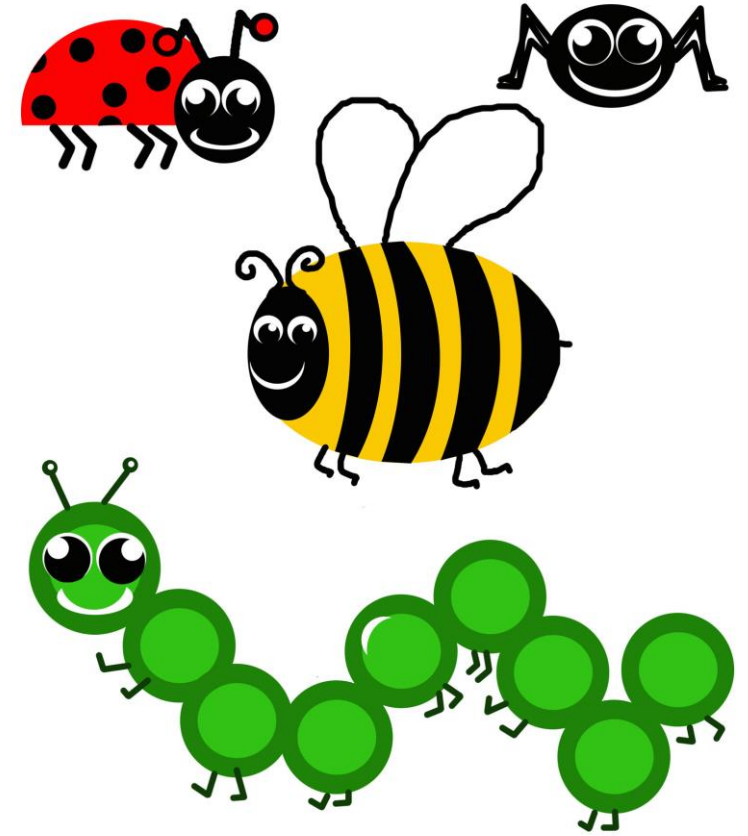


# Behaviors that bug US

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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



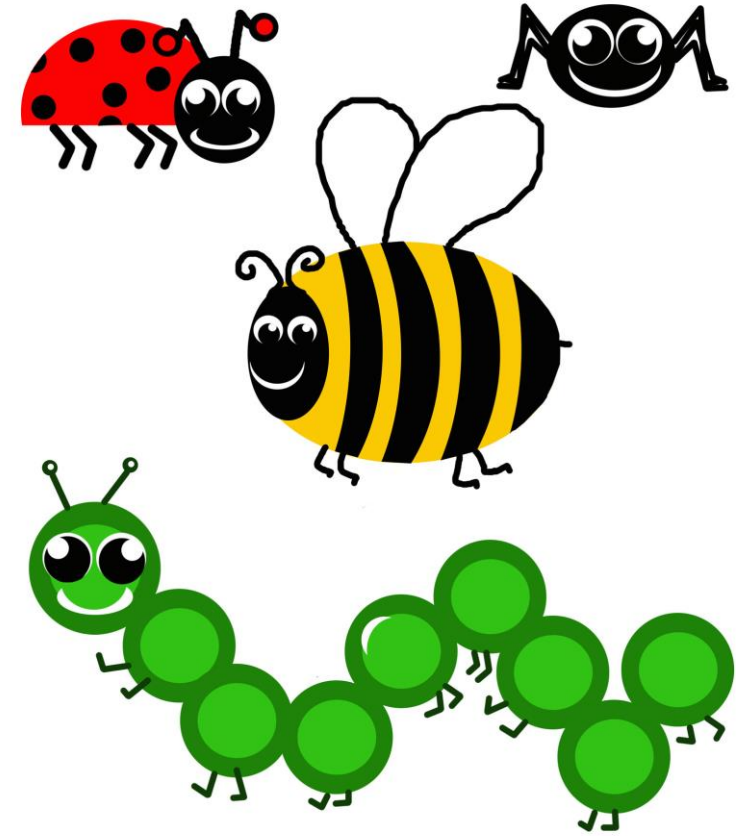
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# Behaviors that bug US

## The CORRECT behavior

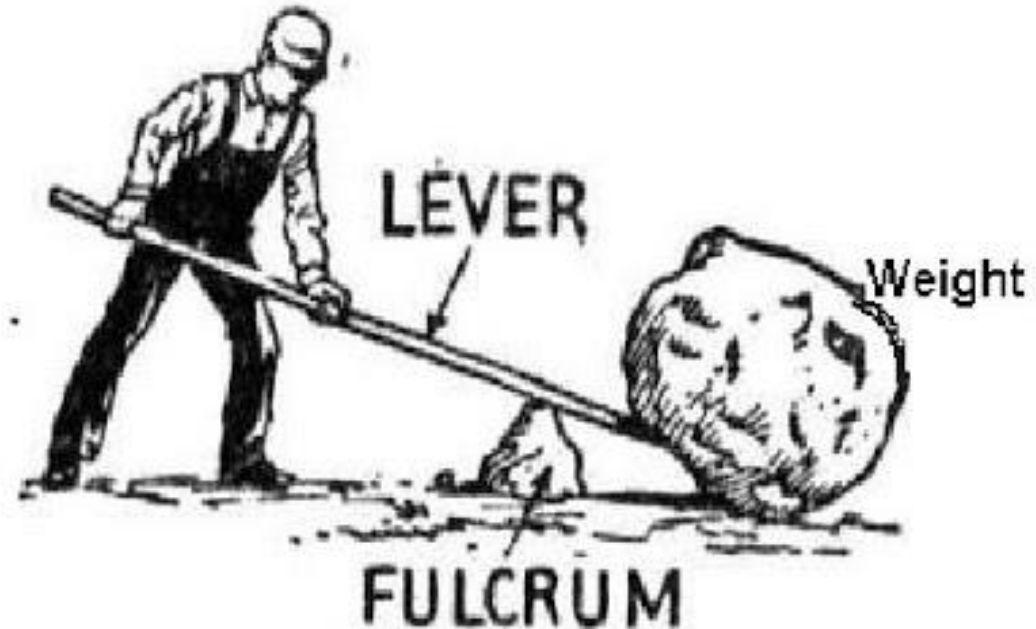
- Positively Stated
  - If it has the words “no”, “don’t” or “stop”, try again!
- Be Specific!
  - Be nice...vs...use nice words and tone of voice



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# Rewards & Incentives

What do **THEY** want?



Man lifting a stone with a lever



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# Incentives

## Tasks

Good Morning Routine!



	Get Dressed
	Make Bed & Tidy Room
	Eat Breakfast
	Fix Hair
	Brush Teeth
	Shoes On
	Get Bag, Lunch, etc.



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for Children, Youth & Families

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# Incentives

## Behaviors



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# WINEGARBY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAKE YOUR BED	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DO DISHES	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BRUSH TEETH	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TAKE OUT TRASH	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

# Contact Information

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# Questions?

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**And a little feedback!  
Let us know how this was.  
In the chat box, share 1 – 5 how  
useful this was.**



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