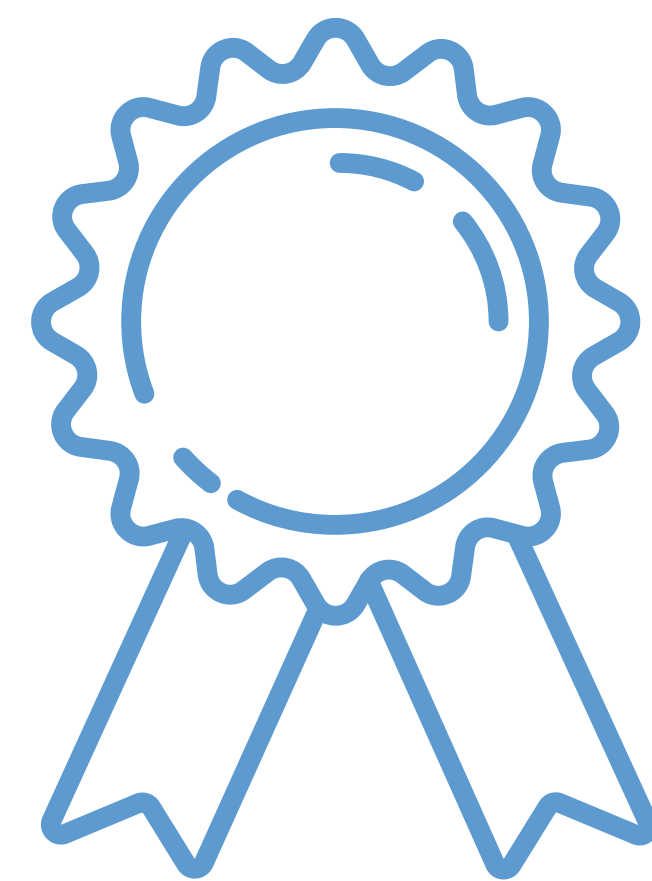


# HOW TO USE REWARDS



## ■ Set achievable goals

~ aim for realistic outcomes

## ■ Ensure to reward the correct aspects

~reward behaviors rather than characteristics

~reward your child for studying every night, instead of the 'A' they received on a test.

## ■ Do not take away previously earned rewards

~ If your child gets in trouble after earning a reward for something unrelated, allow them to keep their reward, and instead use a consequence to reinforce their negative behavior.

## ■ Be clear about how to earn rewards

~specify your expectations to your children. Clarify what your child needs to do to earn a reward and what that reward will be.

## ■ Offer rewards consistently and frequently

~alternatively to offering a large reward for an accomplishment, offer small rewards for each step of the way