

FREE OR LOW-COST ACKNOWLEDGEMENTS FOR GOOD BEHAVIOR

- Phone call or e-mail to relative or friend of the family saying “Guess what I did at school!”
- Child gets to choose what’s for dinner tonight
- Child gets to choose what the family does for fun tonight
- Child gets to choose what book to read tonight
- Go to the library and pick a book
- Serve a special dessert after dinner
- Let your child be a special helper while you cook or do a chore
- Child earns staying up 5-10 minutes later or sleeping in 5-10 minutes
- Take a trip to the local park or gym
- Child gets to pick a piece of his or her artwork for parent or grandparent to hang up in their room or office
- Let your child design a card or picture for an elderly relative or neighbor
- Teach your child a new skill – cooking, sports, crafts, music
- Child earns 15 minutes extra of reading, music or play time

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