

Rewards for Children

Children

- Time on electronics (e.g., Be the boss of the remote control for 30 mins, time on iPad)
- Call or Email a family member or friend telling them what a good job your child has done
- Decorate paper placemats for the dining room table for dinner that evening
- Choose what is made for dinner that night: “You get to choose: I can make tacos or meatloaf. Which do you want me to make?”
- Help parent make dinner
- Create a family night activity- roller skating, hiking in the park, picnic dinner on the living room floor or under the dining room table with blankets over the top.
- Choose the game the family plays together that night
- Choose the story the family reads out loud together
- Surprise your child with a scavenger hunt around the house. If they read, give them written clues hinting as to where the next card is hiding. At the end have them find a note that tells them their big prize. (If your child can't read, you can use pictures.)
- Five minutes of either staying up later or sleeping in in the morning.
- Mystery grab bag. Take an old pillow case and put slips of paper inside listing some of the prizes on this page and let the child draw out the prize they are going to get for their behavior reward.
- Give your child a special piece of jewelry/clothing that belongs to you to keep and wear for the day. (Nothing that costs a lot of money- but something that looks like it is special to you.) The child will feel special all day long.
- Go to your local appliance store and ask them to save a refrigerator box for you. The next time your child earns a reward, give them the box and help them plan and decorate the box to turn it into anything their imagination desires.
- Make a tent by draping a sheet over a table or other furniture
- Have a talent show.
- Have a date night with your child as an only child. Take your child out to dinner and a play or a movie.