

Job Card Grounding

I. What is job card grounding?

It is a discipline program which requires children to earn their way off grounding, rather than simply waiting for time to pass.

II. When to use job card grounding:

Job card grounding should be used whenever an unacceptable behavior is exhibited. Job card grounding has been found to be an effective parenting technique for reducing arguing, noncompliance, and rule infractions. Job card grounding generally can be utilized with children 8 and older.

III. How to use Job Card Grounding:

A. Preparation:

1. Develop list of at least 20 jobs.
Not be a part of your child's regular chores.
Take 15-30 minutes to complete correctly if working diligently.
Could include other family members' responsibilities.
Within the child's capabilities.
2. Write each job on an index card and a description of how to complete job.
3. Develop a list of things the child would be motivated to earn (e.g., privileges, prizes). The child should not have regular access to these items. Write these items on index cards.
4. Develop house rules (e.g., do what you are told and be respectful are good places to start).
5. Explain job card grounding to your child.

B. Procedure:

1. If a house rule is broken, the child is given a job card. Most offenses require only one job card.
2. The child must randomly select an index card with jobs written on them.
3. If the child argues or complains when given a job card, one additional job card can be given.
4. No more than 2 job cards should be given at any one time unless major offense (e.g., stealing, suspension from school).
5. The child is grounded from all privileges until the job is completed to parent satisfaction. This means the child can attend school or functions that are required but is not allowed to watch television, talk on the telephone, listen to radio, play games, go outside, use car or bicycle, hang out with friends, choose snacks, or any social activity.

6. Parents should avoid nagging or repeatedly reminding the child to complete the job and avoid explanations of the rules or why the child received the job. The child is also grounded from the parent's attention!
7. When the job is completed, the parent should check to make sure it is completed correctly. If done correctly, the child should be praised for accepting consequences and getting the job done. The child earns back all privileges and life goes back to normal. Do not have discussions about misbehavior after the job card is completed. If done incorrectly, the parent should briefly review what needs to be done for correct completion.
8. At the end of the day, the child should earn a reward card for having a good day. When first starting job card grounding, a good day is defined as two or fewer completed job cards. As the child becomes better at following household rules, slowly decrease the number of job cards they can receive in a day to earn a reward card.

C. Troubleshooting:

1. If child argues when given job card:
 - A. Give warning to stop arguing or they will get another job card.
 - B. Avoid being drawn into discussions, explanations, or arguments during discipline.
 - C. Walk away from child if they continue to argue or complain after additional job card is given.
2. If grounding seems to be lasting an excessively long time:
 - A. Make sure child's life is dull during grounding.
 - B. Make sure child is not bootlegging restricted items.
 - C. Be sure you are not providing attention by nagging or reminders.
 - D. Make sure the child is interested in activities they normally have access to when not grounded.

IV. Benefits of job card grounding over other discipline strategies (e.g., time-based grounding):

- A. Child must earn way off grounding
- B. Child must engage in constructive, appropriate behavior to "redeem" self
- C. No guess work of what to do when misbehavior occurs
- D. Parent is less likely to have to ensure child is not sneaking privileges because grounding is over as soon as job is completed.
- E. Cleaner house