



Rewards

- First reward - Descriptive Praise, always.
- Tick charts, star charts, stickers, certificates, a jar filled with tokens such as pasta pieces or stones (be generous and specific/descriptive). Be creative; put the sticker on their forehead, phone Dad/Gran to say they earned something; get them to make the star chart; make a production of giving them a certificate; text them or email them a DP; slip a DP on their pillow/in their trouser pocket/lunch box; make it the shape of a heart... (You can get post-its in the shape of hearts)
- Children should be earning stuff which they generally get just because they are alive e.g. pocket money, screen time, toys, outings, friends to play etc.
- Whether your child regards something as reward may depend on how it is presented

Additional Ideas:

- extra story at bedtime
- extra time playing with parents
- pillow fights, rough & tumble, water fights
- cooking together
- board or card games
- building a den
- making things
- special evening with parent doing an adult activity
- have a friend to stay overnight
- wear makeup
- dressing up
- dress up for dinner
- stay in pyjamas on Saturday morning
- have your face painted (one Mum undergoing chemo allowed her boy to earn painting the Union Jack on her head!)
- telling them stories of when they (or you!) were a baby
- letting them wear a piece of your clothes (or jewellery)
- water pistol in the shower
- choices – choice of meal, outing, place to walk etc
- visit a café
- later bedtime
- watch a movie together
- special dessert
- picnic for tea in garden or at park
- stay with relative
- special snack on way home from school
- camp in the garden
- massage
- bubble bath/ candle-lit bath
- visit parent at work
- disco night
- sleep in a tent in the living room
- choose Dad's cuff links (or tie or between outfits for Mum)
- read a book in the dark with a torch
- tell them a joke
- play football with them (or dolls or dress up or...)
- Mum takes over a chore for the day
- being allowed to pour adults' wine (or make them tea)
- read the night time story in parents' bed
- what do you remember most fondly about being a child? What were your special treats?.....