

Suggestions for using this sticker chart

On the next page, write your child's name and the behaviors you are trying to increase and decrease by using this chart. For example:

Sam will receive one sticker each time he immediately changes from one activity to another without arguing, complaining, or having a temper-tantrum

Using the next page of this document, explain to your child that you want to help him/her to learn how to change from one activity to another without complaining or throwing a temper tantrum. Ask your child what activities or privileges he/she would like to earn for successfully making transitions.

Seriously consider 5 to 10 appropriate minor rewards (TV time, computer time, x-box time, time with parents, time helping mom wash and put away dishes, etc.) and one major reward (eat and play at Chick-fil-a!). Remember: you are the parent so you have the final say about what these rewards are!

Once you have identified and agreed to the rewards, write the name of one minor reward into each one of the larger reward circles, and write the name or description of a major reward in the final circle.

Buy circle stickers at Walmart or Target.

Each time your child successfully makes a transition (as defined in the header of the document) place a sticker on the chart.

As he/she reaches minor rewards, consistently provide these as incentives to help him or her keep going. When he/she reaches the bottom, celebrate his or her accomplishment and provide the major reward!

This chart can be used for all types of behaviors you wish to encourage your child to develop. Involving your child in decisions about the target behaviors and the rewards to be earned will help him or her "buy-in" to the concept.

_____ will receive one sticker each time he/she immediately _____

without _____.

