



Sleeping Sound

Primary School Children: Rewards

Rewards can really motivate a child to improve their behaviour. They work best if given soon after the behaviour not after a few days. After a couple of weeks, they may not work as well but by then you hope your child's behaviour has improved!

Setting up a reward system

- Choose a reward that your child will want.
- Keep rewards small and cheap e.g. stickers, stamps.
- Make sure your child has a chance to get a few rewards over the first few days e.g. at first you may reward them for staying in their room at the start of the night. Once they can do this, you may then reward them only if they stay in their room the whole night.
- Give the reward as soon as possible after the good behaviour e.g. first thing in the morning.
- You can build on rewards e.g. 4 stickers = a lucky dip or a trip to the park or a choice of DVD after dinner. Some parents buy cheap toys from the \$2 shop and wrap these up for a lucky dip.
- Try not to make food the reward.
- NEVER take away a reward – if your child has earned it, they keep it!

Making a star/sticker chart

You can download free charts from the internet. e.g.

<http://www.netmums.com/activities/pictures-to-print/reward-charts-to-print-and-colour-in> or make your own

My name is _____
Colour in a star each time you _____

REWARD CHART

(Write your name in the space above)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

WELL DONE! YOU SHOULD BE OVER THE MOON !!

Insert a sticker or draw a star/planet for each reward!

When all the fairy's magic stars are coloured in my treat will be.....



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