



# Behavior Solutions for Children and Families, LLC

Got Behavior? We've got solutions.

## Points System

An evidence-based approach to  
*Teach & Motivate* your child to be the best person  
they can be!

**Teach + Motivate + Discipline = Effective Parenting**

***Teach*** by establishing Household Rules, posting them, & enforcing them

- **Be Safe** - No hitting, throwing, threatening
- **Be Responsible** - Get dressed, put dishes in sink, brush teeth, stay in bed
- **Be Respectful and Kind** - No yelling, no put-downs
- **Be Cooperative** - Follow directions the first time, accept limits without crying or arguing

**Don't forget to establish a set of Screen Rules, too!**

***Motivate*** by providing incentives for “extra” great behavior (make a poster for Ways to Earn Points AND Rewards to be earned):

- **Rewards list:**
  - o 15 minutes of Screen Time
  - o Privileged Activities
  - o Prize Box items
  - o Sweet Treats
  - o Money
  - o Outings

- **Specific ways to earn points/rewards:**
  - **Optional tasks** - Things you can do to earn points but you are not expected to do them because they are optional
    - Empty dishwasher
    - Set the table
    - Complete extra homework sheet
    - Make your bed before coming down for breakfast
    - Practice a breathing exercise from "Breathe Like a Bear"
  - **Must Do Bonus Points** - Things you need to do anyway, but you can get a point for if you do it: 1) Independently, 2) Without a reminder, or 3) Within a time limit
    - Get dressed by yourself in the morning before you come down for breakfast
    - Remember to brush your teeth after breakfast without a reminder
    - Get into bed by the time the timer goes off
  - **Discretionary** = Things that require a parent's judgment to determine if the point was earned
    - Use your calming down skills instead of yelling, crying, or hitting
    - Do what you are told to do the first time, without arguing or delay
    - Be brave and do something that makes you scared (e.g. go to the bathroom by yourself after dark)

**Use PICTURES to show ways to earn points for children who are not readers**



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Deep Breathing