

CORRECTING BEHAVIORS

ideas

EXTRA CHORE JAR

On strips of paper write extra chores. (Or, we've done the work for you. All you have to do is print out the Extra Chore Jar Worksheet.) Put the strips of paper in a jar. When your child earns a negative consequence, have him or her pick a chore from the jar they must complete.

Examples of extra chores: fold one load of laundry, pick up ten pieces of garbage, wash fingerprints off of front door jamb, empty the garbage can, help with dinner, etc.

CONSEQUENCE LIST

Choose specific behaviors and come up with negative consequences for those behaviors.

Examples of a Consequence List:

BEHAVIOR	CONSEQUENCE
Swearing	Pick up dog poop in the yard
Arguing	Vacumm the living room
Hitting	Do an extra chore

TARGET BEHAVIOR

For three days focus on one of your child's most disruptive behaviors. Practice being consistent by following through with a consequence for the behavior every single time it occurs. Track how many times your child continues to use the behavior using the Target Behavior Worksheet. Don't forget to praise them when they don't engage in the behavior.