

Behavior Coupons

Good For

a trip to the pool

 Smarter Parenting

Good For

staying up 10 minutes late

 Smarter Parenting

Good For

not making bed
for one day

 Smarter Parenting

Good For

getting your favorite cereal
at the store

 Smarter Parenting

These reward coupons give you ideas to reward and motivate your children. Give them to your child when they've done something well.

Good For

5 extra minutes of TV time



Good For

5 extra minutes of
computer time



Good For

5 extra minutes of
tablet time



Good For

5 extra minutes of
video game time



Good For

staying up 10 minutes late



Good For

one treat



Good For

watching one movie of
your choice



Good For

a trip to the library



Good For

a play date with friends



Good For

a trip to the pool



Good For

a hike with mom or dad



Good For

a new shirt



Good For

a game of miniature
golfing or bowling



Good For

choosing the game on
game night



Good For

one bike ride with
mom or dad



Good For

one new ringtone



Good For

not making bed
for one day



Good For

a trip to the dollar store



Good For

going out to breakfast with
mom or dad



Good For

cooking a recipe with
mom or dad



Good For

an afternoon in the park



Good For

one chore skip with mom or dad doing them for you



Good For

one eat breakfast food for dinner



Good For

one double the size of dessert at dinner



Good For

dress up 1 parent in funny costume and take pictures



Good For

making an indoor fort and watching a movie



Good For

getting your favorite cereal at the store



Good For

one lunch date



Good For

reading a book with mom or dad



Good For

choosing a treat from the treat jar



Good For

family movie night



Good For

an ice cream cone



Good For

one job swap



Good For

the purchase of one
song online



Good For

one mommy date



Good For

one daddy date



Good For

20 minutes of undivided
attention



Good For

choosing what to eat
for dinner



Good For

going out to breakfast with
mom or dad



Good For

cooking a recipe with
mom or dad



Good For

play a board game with
mom or dad

 Smarter Parenting

Good For

one sporting event with
mom or dad

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