

Rewards Chart

Rewards and incentives encourage positive behaviour.

A simple way to do this is by making a reward chart.



Follow these top tips:

- **Be consistent.** Give your child a star or tick each time they achieve the goal.
- **Make goals specific.** Instead of a general aim like “be good at mealtimes,” try something clearer like “use cutlery to eat meals.”
- **Choose a motivating reward.** Let your child know what they’re aiming for. It doesn’t have to cost money. Inviting a friend over or planning a movie night works brilliantly.
- **If you have more than one child, give each their own chart.** This helps everyone feel included.
- **Update goals as they make progress.** Once your child is regularly achieving the goals on their chart, celebrate their success and then create a new chart with fresh goals.
- **Gradually move away from charts.** As they develop positive habits, try phasing out charts using praise and encouragement instead.
- **For toddlers, keep rewards immediate.** Younger children respond better to quick, simple rewards like a sticker or big smile rather than earning points over time.
- **Avoid taking away stars or ticks.** If things don’t go to plan, simply move on and give them another chance to earn a point.

