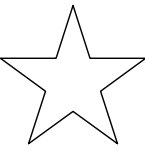
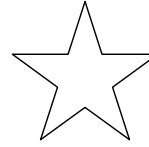
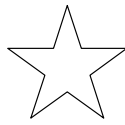


Creating a behavior chart



Behavior charts are based on the well-known fact that children thrive on attention and approval from their parents. Behavior charts are organized ways to make sure that your child knows you are proud of him/her when he/she does the kinds of behaviors you want to see. The more time your child spends on these positive behaviors, the less time your child will have for negative behaviors that you do not want to see. Also, if your child does not get as much attention for the negative behaviors, he/she will be less likely to do those.

1. **Identify the behaviors you would like to see happen more.** These will go in the behavior chart on the left column. If there are more than 1 adults in the home, it is best for everyone to agree on the most important behavior goals.
 - a. **Behaviors should be stated in positive terms-** what you WANT to see, not what you do not want to see. *For example: "Sit in your chair for dinner" (NOT: "don't get out of your chair") or "keep your hands to yourself" (NOT: "don't hit").*
 - b. **Define goals clearly** so that it is easy to agree at the end of the day that the behavior happened. It is better to make goals very specific in terms of numbers or times of day than to be vague. *For example, "go to bed when you are told" (NOT: "follow directions").*
 - c. **Define goals specifically** so that you and your child understand how the goal will be measured. *For example, "say thank you every time someone gives you something", not "be polite".*
 - d. **Use single goals** that are specific about the behavior required, not multiple goals merged together. *For example, use two separate goals instead of "brush your teeth and then get into bed".*
 - e. **Choose an odd number of goals.** For 3-6 year olds, 3 goals may be appropriate. For older children, 5 goals is manageable. If using 3 goals, 1 should be easy for the child to achieve, to ensure that he/she will be able to experience success, so that then he/she will be motivated to work to achieve the more challenging goals. If using 5 goals, 2 should be behaviors the child can achieve easily.
2. **Make copies of the chart**
3. **Decide what will go in the chart when a child demonstrates the behavior**
 - a. Stickers can be purchased for relatively little money at bargain stores.
 - b. Some children are excited to be able to draw their own star or smiley face in the chart (only choose this option if the child is likely to draw ONLY in the appropriate box)
 - c. Children can also be excited about a big check mark in their favorite color.
4. **Determine what will happen if the child achieves minimum goal in a week**
 - a. If using 3 goals, 75% achievement is 16 stars in 1 week
 - b. If using 5 goals, 75% achievement is 26 stars in 1 week
 - c. Motivator/reinforcer does not need to be expensive, but should be something that the child will enjoy. Reading an extra book at bedtime or other ways of spending time with

parents may be a powerful motivator. Going to a nearby park or having a special treat for dessert may also be useful.

5. Introduce the idea to your child.

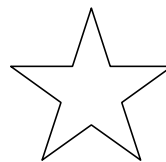
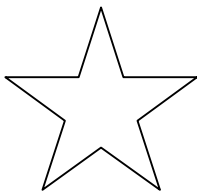
- a. It is important that your child sees the chart as a way of demonstrating how proud you are of good behavior, not as a punishment.
- b. Give your child any appropriate choices about what to put in the boxes when he/she does a behavior (e.g. smiley faces or check marks or stars) and what he/she is working towards if there are 1-2 choices you would like to offer.
- c. Once your child is excited about being able to earn stars and your approval, he/she can decorate the chart.

6. Implement the behavior plan

- a. **Keep the chart in a central place** so that you will not forget about it at the end of the day.
- b. **If bedtime behaviors are a goal**, the behavior should be marked off in the morning. Otherwise, it is usually best to incorporate the behavior review into the pre-bedtime routine.
- c. **If a child does not do the behavior, leave the space blank.** Do not put punishments, sad faces, or other signs of failure in the box. The blank space will be incentive enough to earn the star next time.
- d. **If a child earns a star, celebrate it together**, even if the child only achieves that behavior. The behavior chart focuses on positive behaviors and giving attention to unwanted negative behaviors can actually increase the chance your child will keep doing it.
- e. **Stick with it!** It is not unusual for the negative behaviors to increase for a short time when you start using the behavior chart as a way of testing to see if your child can keep getting your attention for the negative behaviors and to see if you really mean it. They will decrease again after a week or two.
- f. **Once your child is easily achieving most of the stars for a few weeks**, you can change the goals to encourage even more positive behaviors that might have been too hard for him/her at first. For example, if the original goal was to sit in a chair for dinner, but your child is still having trouble at other meals, the goal can be changed to “sit in your chair for all meals”, and the star could only be earned if your child meets that goal.

7. Special situations

- a. If your child is likely to try to rip or destroy the chart, place it high on the refrigerator.
- b. You can draw pictures (or cut pictures out of magazines) of the goals if your child cannot read.



_____ 's Behavior Chart

Goal	Sunday	Monday	Tues	Wed	Thurs	Fri	Sat