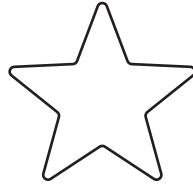


Monday



Tuesday



Wednesday



Thursday



Friday

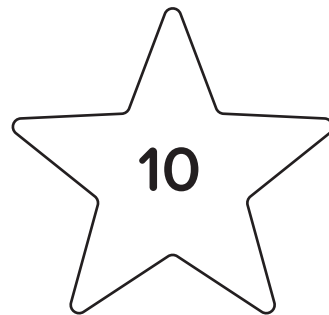


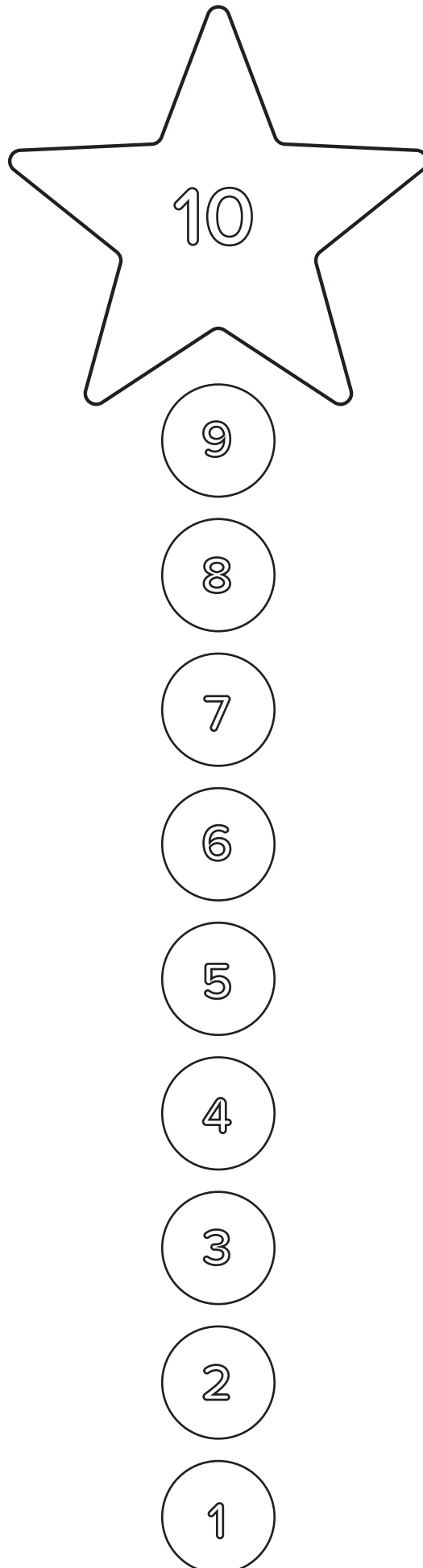
Saturday



Sunday







Date

YOU DID IT!

This is to certify that

did an amazing at

Signed:

 thesleepstore

Certificate of Excellence

For

Awarded to

Signed:

Date:

 thesleepstore

Superstar Award

Congratulations to

For being amazing at

Well Done!

Signed:

Date:

 thesleepstore

OFFICIAL SUPERHERO

this award certifies that

is a superhero in our family!

WELL DONE!

Signed:

Date:

 thesleepstore

USING REWARD CHARTS

Star or sticker charts are a reward system to encourage desired behaviour changes. Rewards can be used to reinforce behaviour and help maintain self image. It can also help reverse negative emphasis on early waking. Rewards charts can help change the behaviours that can have an influence on early waking but not always.

Rewards should be used with lots of praise smiles and hugs. Sometimes a positive comment e.g. "I like the way you stayed in bed today" combined with a hug is all that is required.

WHAT BEHAVIOURS TO REWARD:

- Keep things simple.
- Reward effort rather than result.
- Behaviour rewarded needs to be defined, clear and observable.
- Reward small steps - Break behaviour down to achievable goals
- Allow early success and rewards
- Avoid different rewards for different behaviours
- Highlight one behaviour at a time
- Change menu from time to time

BE CAREFUL!

Stop if child is bored or can't achieve goals, this can undermine their confidence.

HOW TO REWARD

- Make chart interesting and attractive, older child may prefer diary
- Negotiate rewards the child truly values, but do not "break the bank"
- Whatever reward is agreed upon keep your word, stick with the deal
- A limited choice of items gives mastery.
- Allow child to reward the whole family e.g. play at park, video rental
- Immediate reinforcement is best - use a token or sticker to swap later
- Once the reward is given, it should not be taken away.
- Always give praise

EXAMPLES OF REWARDS:

- Best rewards cost time rather than money
- Special time with parents, e.g. 10 minutes extra playtime with parents.
- Extra privileges at home, e.g. choosing dessert for family.
- Special activities outside.
- Trip to park.
- Choosing a favourite cereal at the supermarket.
- Coin or \$2 shop