

# Creating an Incentive System

Some basics...

MICHAEL'S Reward Chart

I am working toward PICNIC IN THE PARK

Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
MORNING CHECKLIST							
AFTER SCHOOL LIST							
EVENING LIST							
SITTING AT THE TABLE FOR MEALS							
CLOSING AND FLUSHING THE TOILET							
SHARING TOYS WITH MY BROTHER							

**Prize:** Decide on something together, make it something smaller/easier to start with

**Target:** Set it to an 'easy' or attainable level (example here 21 out of 30 possible). When starting, give the child a 'win' in the first week (or even 2), so they continue to engage.

**Daily Check in:** MOST IMPORTANT STEP! Do the stickers together (did you earn it or not?) and have some conversation about successes and struggles. What is working? What would Help?

**Celebrate success:** Look at Friday – woo hoo! High fives, happy dances, whatever.

**Adjust when no longer needed:** Looks like we've figured out the toilet etiquette thing. Yay! We probably don't need that on the incentive chart next week. Is there another behavior you want to address? If not, adjust the goal.

## Steps to Creating an Incentive System

1. Specify the behavior, with clear expectations
  - a. What needs to happen
  - b. When it needs to happen
  - c. How it needs to happen. Are there specific instructions?
  - d. What it looks like when it is done. You'll earn your points when I see:
  
2. How many times they need to accomplish it
  - a. For tasks, accept that they won't be perfect immediately! Build in flexibility (lower/easily attainable bar).
  - b. For behaviors, use a cumulative system. They earn points when they demonstrate the behavior. When they accumulate XX points, they get the prize. Flexibility is already built in.
  - c. For severe behaviors, establish a shorter time frame. For something like hitting or screaming or an issue that surfaces multiple times in a day, set a shorter goal (3 hours? 15 minutes?) depending on the severity and the child.
  
3. What will they earn?
  - a. See the list of ideas
  - b. Non-material is GOOD! Non-food is GOOD!
  
4. What happens next? After a few weeks/months, you can ask for more, raise the bar, etc.