



Rewarding Appropriate Behavior

Joy Smith Ed.D.
Licensed Professional Counselor

- ★ Whenever possible, reward appropriate behavior. The most effective behavior management programs use both reward and consequence.
- ★ When a reward is given, discuss with the child what he did to earn the reward. This serves as a “double” reward.
- ★ Affirm children verbally. Affirmation must be genuine or children will disregard it.
- ★ Offer encouragement and affirmation that focuses on internal qualities, not just what they do. Example: Tell your children how much you love his or her beautiful smile, kind heart, etc.
- ★ Tell your child about their strengths and gifts.
- ★ Talk to your child even if he or she doesn’t talk back.

Social Rewards	Activity/Privilege Rewards	Tangible Rewards
1. Hug	1. Have a friend over	1. Money
2. Smile	2. Visit a friend	2. CD/DVD
3. Touch	3. Play a game with a parent	3. Ball
4. Praise	4. Go out for pizza	4. Book
5. Verbal affirmation	5. Bake cookies together	5. Puzzle
6. Thumbs up	6. Stay up 30 minutes later at bedtime	6. Game
7. Pat on arm or back	7. Play ball together	7. Movie ticket
8. Wink	8. Go to the park	8. Gift card to favorite store
9. Approving facial expression	9. Use of car (teens)	9. Gift card to favorite eatery (teens)
10. Hand clap	10. Use of cell phone	10. Gas gift card (teens)
11. _____	11. _____	11. _____
12. _____	12. _____	12. _____
13. _____	13. _____	13. _____
14. _____	14. _____	14. _____