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REWARDS FOR YOUNG CHILDREN

FOR MORNING BEHAVIOR:

- a juice box on the way to school/daycare
- cartoons
- can pick a song to sing together on the way to school
- a CD of a children's story (borrowed from the library) on the ride to school
- can play a game on the way to school (e.g., find certain letters, numbers or words on signs, count red cars, etc.)

FOR EVENING BEHAVIOR:

- extra bath time
- extra story at bedtime
- a slightly later bedtime (10-15 minutes)
- parent will play a game or activity for 10 minutes
- listen to soft music at bedtime

FOR WEEKENDS:

- a friend can visit
- a walk around the block
- ride tricycle/bike on the sidewalk with parent
- trip to the library to borrow story books
- trip to the park
- can pick a movie for the family to watch together
- a game of "Catch" with parent

FOR ANYTIME:

- a hand stamp (to add variety put the hand stamp on the ankle, knee or arm)
- sticker for their shirt
- sticker on a piece of paper (or you can make happy faces, stars, hearts, etc.)
- a story on CD from the library
- blow bubbles outside

REMEMBER:

- 1) The reward has more impact when it is given shortly after the good behavior. (i.e., within minutes or possibly as long as an hour afterwards.) **Never wait until the next day.**
- 2) Avoid using food as a reward.
- 3) Aim to use small rewards that cost little or no money. **The best rewards are those where you are doing an activity with your child.**

Margaret W. Neal, LCSW, is a Licensed Clinical Social Worker in private practice in Riverside, CA. Her work focuses on “helping young children and their parents.” For more information, visit Margaret’s website at www.margaretwneal.com.