

## TIP: Before you write on this page, make a few photocopies to keep.

**THIS CHART BELONGS TO:**

# TASK

Mon Tues Wed Thurs Fri Sat Sun

TOTAL

## When I reach my goal of smiley faces,

**my reward will be:**

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**parents' guide to using a reward chart**

'Young children do better with immediate rewards. For example, if you're taking them for ice cream as a reward, give them a coupon with "Out for ice cream"

written on it. ' **Trudy Coetzee, teacher at Prestwich Primary,**

**Cape Town**.

**This is a parenting tool you can use to praise your kids and encourage them to do chores or homework without having to nag. Here's how to use it most effectively:**

**Involve your child** before you start using a reward chart – s/he must want to do the task and understand how the chart is going to work.

**List your child’s** daily chores in the ‘Tasks’ column. You can use a reward chart to tackle everyday activities, from tidying up to doing homework. Make sure each task is simple, specific, measurable and achievable.

**Draw stars or** smiley faces or use stickers in the corresponding boxes to show when a task is complete. If it hasn't been done, draw a sad face  or make a cross.

**Rewards should be** small treats – just think how excited kids get over the free toys found in some cereal

boxes, for example.

**Stay positive and** focus on praising success. Never take away stickers or rewards.