

Fill the Jar Reward Chart

User Guide

This chart is best used when you are trying to establish a routine or break a 'bad habit'. Every time your child demonstrates the behaviour you are looking for, they can colour in a button in the jar. This chart is useful for a behaviour that may be repeated frequently throughout the day, such as remembering to say 'thank you' or tidying up a game or toy. Children can colour in as many buttons as they need to in one day.

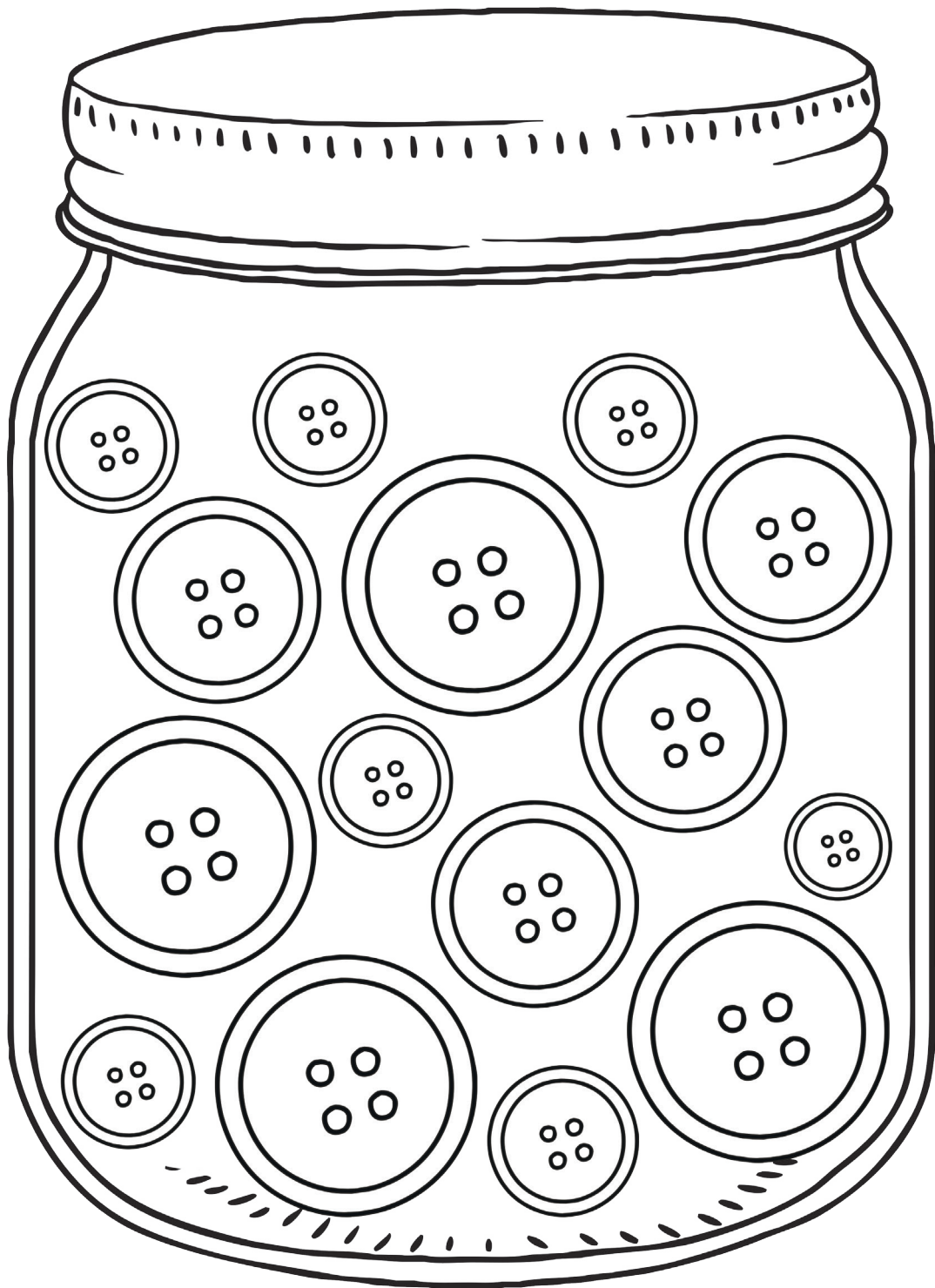
You must:

- be clear and specific when deciding with your child what they need to do to colour in a button. It is not specific enough to say, for example, 'Tidy your bedroom,' as your standards of tidiness may be quite different to your child's! Small steps are better;
- set a target that is easily measurable, for example, 'No clothes on your bedroom floor by bedtime.' When this routine has become established, you can make a new chart with a new target, such as 'Pack your bag before bedtime.'

There are two charts, one with 15 buttons and one with 25; use the one best suited to your needs.

Similarly, talk to your child to decide what the reward will be - it does not need to be big or expensive. It can be good to link it to the task - for example, the reward for keeping a tidy bedroom might be to have a new poster for the wall or cuddly toy for the bed! They can write the reward on the label of the jar to keep them motivated.

Every time I _____,
I can colour in a button!



Every time I _____,
I can colour in a button!

