

Rewards Systems

If your child struggles to complete schoolwork, to sit in front of their digital forum, to work for 15 minutes on their packet you NEED more clear expectations and you NEED clear rewards. The truth is that ALL kids need clear expectations and clear rewards. Ultimately though, the research shows that kids with attention and learning difficulties need at least 4X more rewards than other kids due to their brain chemistry.

Some things to think about for your reward system:

- What rewards do you currently have set for your child regarding school struggles or goals?
- Do you have daily rewards? If so, rate how consistent you are with them on a scale of 1-5, 1 being not at all and 5 being every time.
- Do you have weekly rewards? If so, rate how consistent you are with them on a scale of 1-5, 1 being not at all and 5 being every time.
- Does your child know what their reward will be? If you answered yes, take a moment to check in with them to ask them what their reward is.
- Do you have clear expectations on what behaviors you need to see in order for them to earn their reward? Take a moment to check in with your child and ask if they know what they need to do in order to earn their reward.
- Are the expectations that you have reasonable? If your child struggles to sit in their chair while doing homework, it might make more sense to allow them to have a desk to stand at or to give them a wiggle seat in order to help them be successful in meeting the expectation.
- How consistent are you being in reviewing your child's progress and giving out rewards? You will have the best success if you have goals that you review daily and that you reward for daily.

