



Please find enclosed the ...

Kind Kids Club Weekly Reward Charts
Kind Kids Club Goal Setting Chart
Kind Kids Qualities Poster

We all know that children don't come with an instruction manual, and with every age and stage come new and different joys and challenges.

Our team has designed these handy charts and poster as tools to support you in encouraging positive behaviour and changes in your kids.

Rewards and Goal Setting charts generally work well for ages 3-9 but each child is different.

These charts look great, are fun for kids which can help keep them motivated and are easy to use. And the Kind Kids Qualities Poster is great for encouraging positive behaviours and attitudes.

Please see next page for detailed instructions on how to use these tools.



Kind Kids Club Weekly Rewards Chart

You can use this reward chart when **your child needs help to change their behaviour or remember daily tasks**. Your child collects stickers for the chart each time they achieve the positive behaviours identified on the chart. They then receive a reward based on the number of stickers they have gathered by the end of the week. The stickers and the reward reinforce the positive behaviour. When your child tries hard to change their behaviour, a reward chart can show them when they have done a really good job and keep them motivated.

Reward charts can also **help you to focus on the positives in your child's behaviour**. This might be helpful if you're feeling frustrated or overwhelmed by your child's behaviour. Your level of encouragement and positive reinforcement is very important; the more you praise and encourage your child for positive behaviour, the more they will want to continue.

Kind Kids Club Goal Setting Chart

You can use this goal setting chart when **you want to focus on changing one particular behaviour or achieving a particular goal**. This chart is set up in the same way as the Weekly Rewards Chart except that only one goal is chosen at a time.

Setting up your Reward or Goal Setting Chart

1. Write your child's name at the top of the chart (You may like to get your child to write their name themselves to encourage their sense of ownership of their chart).

2. Choose the behaviour you want to change or daily tasks to encourage

When you've decided on the behaviour or tasks, it's important to use clear and positive descriptions. For example, 'Pick up all the toys from your bedroom floor' is clearer and easier for your child to understand than 'Tidy your bedroom'.

*Write these in the 'Tasks' column on the Reward chart; or at the top of the page on the Goal Setting Chart where it says "...is doing their best to..."

3. Choose short-term rewards

Most young children enjoy collecting stickers, but the novelty can wear off quite quickly if the reward seems too far away. So it's good to choose short-term rewards that you can give weekly if your child earns them, like a family bike ride, a special afternoon treat, the chance to stay up late, a movie night, or a new book or small toy. Include your child in choosing this reward as it will provide more motivation to complete the tasks, if the reward is something they really want. Once chosen, write it on the bottom of the chart.

4. Set up the chart

You may like to laminate your chart so it can be wiped clean and re-used, or choose to print a new one each week. Put the chart where your child can see it at their eye level; the fridge is a popular spot. Keep your stickers nearby but not within your child's reach.

5. Give your child the stickers straight after the behaviour

When your child gets the sticker straight after the behaviour you want to see, it reinforces this behaviour. Likewise, some specific praise reminds your child why they are getting the sticker. For

example, 'I really like the way you and Mia have been playing and sharing toys this morning. Here's a star for your chart'.

6. Give the reward as promised

For the Reward Chart to be most effective, it is really important that your child sees that they can achieve their goals, and are doing so. This is why it is important to give the weekly reward as soon as possible at the end of the week. A child can become discouraged very quickly if they feel their efforts have not been rewarded, or the reward they were working toward is changed.

7. Optional step: measure the behaviour

If your child has a particularly challenging behaviour, you might like to **measure the behaviour** while you're using the reward chart. This can help you to recognise smaller changes in behaviour and be able to reward them to encourage further change. For example, count how many times your child hits their sibling. Record this when you start using the chart, then keep track of it as the days pass. This will help you tell if the reward chart is working, and show the child they can achieve change no matter how small the changes are to begin with.

Extra Tips:

Try to stay positive

If your child doesn't earn a star, it's best to just move on. Also try to avoid punishing your child by saying, 'I'll take a star away', or 'You won't get any stars if you keep that up!'. Focus on encouraging your child to try again.

When do we move on from the reward chart?

If you use the reward chart without changing around the rewards or goals regularly, you will likely find it loses its effectiveness. Updating the chart every few weeks or when the child has successfully mastered a goal or behaviour is important, while continuing to offer praise and encouragement for that behaviour.

You can gradually stop using the reward chart once you feel your child no longer needs the chart or is too old for this type of rewards system. However, it's a good idea to keep noticing and praising your child for the behaviour as you phase out the chart. For example, you might gradually phase out a reward chart over a few weeks by increasing the length of time between stickers, or reducing the number of tasks you are working on. If you suddenly stop using a reward chart, your child may go back to the old behaviour.

Be patient

This process of change can take time depending on factors such as the age of your child, or how ingrained the behaviour is. Rewards Charts, while using short term rewards, are not a quick fix. They take consistency and practice, lots of encouragement and patience. Your child can get there, and by using a tool like this Rewards Chart, you are helping your child develop skills they need to achieve in all areas of their life.

All the best from the Salvos Caring Team!