



Reward charts explained

Visual charts can be extremely useful in helping to track and improve sleep difficulties in children. These type of 'reward charts' work best if they are used for a short time and focus on a particular issue, rather than trying to tackle too much too quickly. A sleep difficulty might be your child refusing to go to bed, or waking frequently at night and disturbing you.

When developing a reward chart, you should ideally try to involve your child in the process whenever possible, talking through and agreeing on an achievable target, the reasons for the target and the benefits it will bring. You can also introduce a small menu of rewards linked to specific achievements that you know your child will want. These small rewards help keep the child interested and increase their motivation.

Reward examples:

2 points/stars/stickers = 1 extra story at bedtime

4 points/stars/stickers = a trip to the library to choose some books

6 points/stars/stickers = a trip to the local park or a friend for tea...

...you get the idea!

Remember, misbehaviour is a child's way of getting your attention, as they quickly learn that they often get instant attention for undesirable behaviour and ignored when they are playing well on their own or doing what we want them to do. If your child is not engaging with the reward chart scheme, check that the misbehaviour is not a bid for your attention.



Keeping it positive

Try not to over commit with the choice of rewards and make sure it is something that you can definitely follow through on. It is also best to avoid offering food as a reward as this can set up unhelpful and unhealthy food associations. Finally, avoid anything that might conflict or negate the good sleep hygiene rules (e.g. being allowed to watch t.v. an hour later).

The biggest reward you can give your child is your time and attention. Building in one-to-one time, praising and paying positive attention to your child when they are being cooperative, will all help reinforce their desire to participate.

Do not deduct points that have already been accrued. This will confuse your child and remove their sense of ownership and involvement in the process. Instead, simply don't give out points/stars/stickers, or find another way to make your point. Our recommended approach purposefully centres on the child being able to get the rewards easily. Once they are achieving the desired outcome fairly consistently, you can then readjust the target and make it a bit more challenging to achieve.

For example, if they are refusing to go to bed each evening, you might set a goal of going upstairs without a fuss. Over time this might change to going upstairs and getting dressed for bed without a fuss.



Reward charts



Reward charts

A great way of building cooperation and engagement is for you and your child to create a reward chart together; however, to help get you started we have included a couple of examples.

Star Chart

This simple colouring sheet has been created to focus on one thing at a time, making it easier for your child to understand what's expected of them. The ability for children to easily understand the concept of reward charts varies, so keeping it as simple as possible to start with can really help.

The basic Star Chart encourages your child to focus on achieving one thing over the course of a week, inviting them to colour a star for each night that they achieve it. Once a chart has been completed, a new copy can be printed, giving you the option to either reuse or adjust the desired target.

Keeping the charts can also allow you to monitor and reflect on the progress you and your child will undoubtedly make.



MY Sloop

chart

I will get to
colour one
star for

every night i...

STAR chart



MYmind!





The Big Star Chart

The Big Star Chart allows for the inclusion of as many or as few steps and stages as might be required.



This works well for older children, who will learn to appreciate the pattern of their new routine. The target behaviours can be listed down the left column and the chart marked on each day that the behaviour is achieved.

The chart can be marked using simple ticks or by cutting out and gluing on the 'achievement markers' we have provided, alternatively you could buy a pack of mixed fun stickers and let them choose which to use.

Along the bottom of the chart you can record how many ticks or achievement markers are required to reach each reward.

Useful tips

Here's a summary of the points to remember when using reward charts...

- ★ Focus on one behaviour at a time when starting out.
- ★ Ensure that the child is quite clear about what behaviour will be rewarded.
- ★ Make the target behaviour something that is easily achievable to begin with.
- ★ Work with your child on this.
- ★ Let your child choose the overall reward (within reason).
- ★ Engage them in making and completing their reward chart.
- ★ Let your child choose the colour for their star or which 'achievement marker' to add to their chart.
- ★ Celebrate the achieving of a behaviour with the colouring of a star or placing of a marker.
- ★ Use a menu of rewards e.g 2 stars = extra story at bedtime, 4 = trip to library to choose new books, 6 = a trip to the park.

REWARD CHARTS



MY Sloop

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Row 1	★						★ ★ ★
Row 2						★	★ ★
Row 3							
Row 4						★	
Row 5	★ ★ ★ ★					★	★
Row 6	★ ★	★	★	★	★	★	★ ★ ★

★ = _____ ★ = _____ ★ = _____ ★ = _____

MY Sloop

USE OURS OR DESIGN YOUR OWN!



achievement MARKERS

