



888-522-8223

Charts and Chores

Here are some suggestions for using charts

Charts are not for everyone:

Please keep in mind that charts and chore lists are only one tool in working with your children. Approximately 20% of children will respond very positively to a chart, another 30-40% will comply with the chart but are less motivated by it. If charting is just a big hassle for everyone, consider using other tools. Your parenting coach can help you find tools that will be effective.

Keep expectations reasonable:

Develop chores your that child is capable of being successful with

If it is their chore, be comfortable with the quality job they are able to do, *or don't assign it*

If you must rewash the dishes after them, or remake their beds, consider assigning chores that they can complete satisfactorily. You want to build competency.

Enlisting the child in developing the chore and the reward will give him/her more 'buy-in'

Reward success:

A young child's reward can be as simple as putting a sticker on their chart

Older children benefit from the idea of cause and effect – "When I work, I earn."

You may tie fulfillment of their chore chart to a monetary reward

Other rewards include earning privileges, TV time, staying up late, special time with Mom or Dad, basically anything that your children vie for can be turned into an earned reward.

With older children loss of privileges may also be attached to completion of chores

For difficult to motivate children

With poorly motivated children you need to avoid *any* negativity, focus only on the success they have. If they complete the chore 2 days in a week, reward the two days and encourage them to continue into the next week.

For all children:

ALWAYS be prepared to award them their reward, delay *will* discourage them

Using Attitude Charts:

Attitude charts can be very helpful, but it is usually more successful to include no more than one or two attitude items with several chore assignments. When scoring the attitude items, you would circle the appropriate number once for the morning and once for the afternoon using the scale: 1= poor 2= good 3= excellent . Set a target score to earn reward for attitude alone.

Parent coaching will help you implement ideas such as this.

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