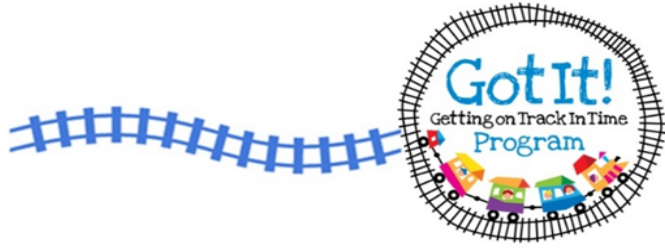


Got It!



Rewards

Rewards can be motivating and help children learn that effort results in payoff.



Develop your child's sense of self-satisfaction for attempting difficult tasks:

"You must feel so proud of yourself right now! Give yourself a big pat on the back"

Avoid food or items as rewards and focus on time enjoyed together:

"If you can try to X today you can choose a game for us to play later!"



SCREEN TIME

Access to technology should be a reward not a right!

"Getting your jobs done today will earn you half an hour of screen time"