

Behavior Struggles?

Do you struggle with your child to get them to bed on time? Out the door in the morning? Tantrums when they don't get their way?

Is it a battle to get your child to complete chores? Working on potty training a younger child? Do you find your efforts ending in lots of yelling, with little improvement?

A great strategy to minimize the frustration and arguments over these issues is to incorporate a chart/reward system.

Children will know exactly what your expectations are, and what will happen if they do/don't comply. A chart can be applied to almost any behavioral issue that you are working on. For the best results, be sure to get your child to buy-in to it by presenting it to them in a positive way, letting them help design the chart, and have input into the expectations and the rewards.

One of my favorite websites for free charts is www.freeprintablebehaviorcharts.com

I have used this site many times in helping our Indialantic families address problem behaviors. The charts can be customized, or you can use one of the many existing charts. They are brightly decorated, with cartoon characters for boys or girls. Please let me know if you need additional support!