



Teach 'Em & Reach 'Em

Teaching kids how to be responsible, caring, polite, etc. can be tricky, so often times parents introduce job or behavior charts. The problem is keeping up with charts can be exhausting and these charts too often slowly disappear without making much of an impact. Teach 'Em and Reach 'Em helps kids focus on very specific behaviors while helping kids learn how to be responsible.

Here's how to do it:

1. Pick 2 or 3 behaviors to work on with your child.
2. Talk with your child about these behaviors giving them specific actions that you will be looking for and describing your expectations.
3. Give your child 3 "tickets" representative of each behavior.
4. Watch for your child to display the skills you are teaching, and when they do, compliment them and ask that they put a ticket in the "Reward Jar".
5. At the end of the week, if all 3 tickets are in the jar, the child gets a reward.

Examples:

Behavior: Being nicer to a younger sibling.

Action and Expectation: After dinner, read a book to your sister without being told.

Behavior: Helping out with dinner

Action and Expectation: Set the table before 5:45 without being asked.

A few pointers:

- The key is to take it slow. By focusing on one or two specific behaviors, kids can be successful and understand what success feels like.
- After you compliment your child, it is up to them to put the ticket in the Reward Jar. It is also up to the child to count the tickets at the end of the week. This is part of teaching responsibility.
- Your child should engage in the behavior without reminders, however if a day goes by where the behavior is forgotten, you can remind your child that night that they should try to work on it the next day.
- Pick an action that can only be done once a day.
- Change the actions and expectations weekly so you are still focused on the behavior, but are showing your child a variety of ways to work on this behavior.