

HANDOUT 2C**Behavior Plan Sample for Young Children**

Goal: Brush teeth at night before bed Week: March 5th, 2025

Responsibility	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Brush teeth at night before bed							

I, Samara, will immediately get a sticker for each night that I brush my teeth before bed.
If I get a sticker, I get to pick an incentive from the list below before going to bed.

I, Mom, will check each night at 8 p.m. to see if Samara has brushed their teeth. If Samara did brush their teeth, they will get to pick an incentive from the list below before going to bed.

Parent's signature

Incentive List

1. Story time with Mom or Dad
2. Draw a picture with Mom or Dad
3. Get to sleep with door open
4. Extra small snack (like 1 cookie) before bed
5. Other: _____