

Developing the Plan

- ☐ Did you break down the goal behavior into smaller behaviors?
- ☐ Did you choose small behaviors that:
 - ☐ are realistic?
 - ☐ are measurable and specific?
 - ☐ are under parent control?
 - ☐ the child is capable of doing?
- ☐ Is the plan appropriate for the child given their age/development?
- ☐ Did you specify a time to check the plan each day?
- ☐ Did you specify the percent or number of the steps to be completed each day for the child to receive the designated reward?
- ☐ Did you engage the child in selecting incentives?
- ☐ Will the incentives motivate this child to engage in desired behavior?

Communicating the Plan: Things to Remember

Did you communicate:

- ☐ what you and your child will do?
- ☐ the plan using a neutral and calm tone of voice?
- ☐ days of the week to use the behavior plan?
- ☐ percent of behaviors to be completed each day to receive the designated reward?
- ☐ when you will check the plan each day?

Using the Plan

Dos:

- ☐ Keep the plan somewhere that both parent and child can see it.
- ☐ Review the plan each day at the same designated time.
- ☐ Check each step of the plan.
- ☐ Praise positive behaviors.
- ☐ Give incentives immediately after they are earned.

Don'ts:

- ☐ Blame or lecture.
- ☐ Review the plan if upset (wait until you have calmed down before reviewing the plan).
- ☐ Take away an incentive the child has earned. (When children misbehave, parents can be tempted to withhold incentives even if the child has fulfilled the plan. Positive and negative behavior are separate and should be responded to separately.)
- ☐ Plan other activities at the time designated to review the plan.