









INSTRUCTIONS:

POINT SHEET FOR A YOUNGER CHILD

Create your own point sheet (in fact, let your child help you as you explain that the Point Sheet is a way to celebrate good choices). You can even look through a magazine or look online and let your child help you find pictures to put on the point sheet that show different tasks that belong on the point sheet. On the following page is a sample point sheet, but be creative and make it work for your family.

1. Notice that there are seven horizontal lines after each picture.
2. Each line represents a day of the week.
3. Each day that the activity is performed, you or the child (if he is old enough and/or has the motor skills) can mark an "X" or a "smiley face" or a "star" on the line.
4. Each time a child completes an activity give him a reward that the child values (i.e. a penny or a piece of yummy cereal he earned for brushing his teeth or a special story time or play time, etc.).
5. Help your child find a special container or bowl in which to keep his rewards.
6. Display the point sheet for everyone to see each week (perhaps attach it to the fridge with a magnet or a piece of tape).
7. Happily point out to the child what good choices he is making. Find at least one positive behavior the child has done and praise the child.
8. If your child refuses to complete a particular activity let him know that this is his choice but you hope he will get to earn more rewards for doing other items on his point sheet and even doing the item he refused today on the another day.
9. Review the completed point sheet with your child at the end of each day. Praise him for items completed and remind him that the more items he completes, the more rewards he receives.

Joey's Hero Sheet

Brush teeth		_____ _____ _____ _____ _____ _____ _____ _____
Get dressed		_____ _____ _____ _____ _____ _____ _____ _____
Shoes on		_____ _____ _____ _____ _____ _____ _____ _____
Eat Meals		_____ _____ _____ _____ _____ _____ _____ _____
Put toys away		_____ _____ _____ _____ _____ _____ _____ _____
Go to sleep		_____ _____ _____ _____ _____ _____ _____ _____