



Helpful Tips for Parents: Rewards

By: Jessica Trumbull, LPC

Choose rewards based on your child's interest. Some suggestions:

- Going out to lunch
- Renting a video
- Buying a movie or cd
- Having their favorite pizza delivered
- Having a sleepover
- Extra late weekend bedtime
- Buying a magazine
- Planning and preparing a dinner party
- Family picnic
- Visiting grandparents
- Supplies for their hobby
- Invite a friend over
- A trip to the movie theatre
- A new outfit
- A "free pass" on their daily chores
- Trip to a bookstore
- Bike ride with parents
- Tokens that can be saved for a big reward
- Having a TV night
- Breakfast in bed
- Camp out in the basement or backyard
- Bubble bath or spa day
- Game night with parents
- Spending the night with a relative
- Choosing the dinner menu
- Baking a special treat
- Alone time with mom or dad
- A "messy" activity like finger painting
- Choosing the radio station for a longer car ride
- Using the video camera to make a silly movie
- Having their hair done or nails painted
- Extra computer or TV time
- Going out to breakfast on a school day