

Reach for the Moon Reward Chart

User Guide

This chart is best used when you are trying to change or modify one aspect of your child's behaviour. Parents have used charts like this to deal with habits such as nail biting, to establish routines for areas like homework or music practice or to focus on one key area such as keeping a tidy bedroom.

You will need to:

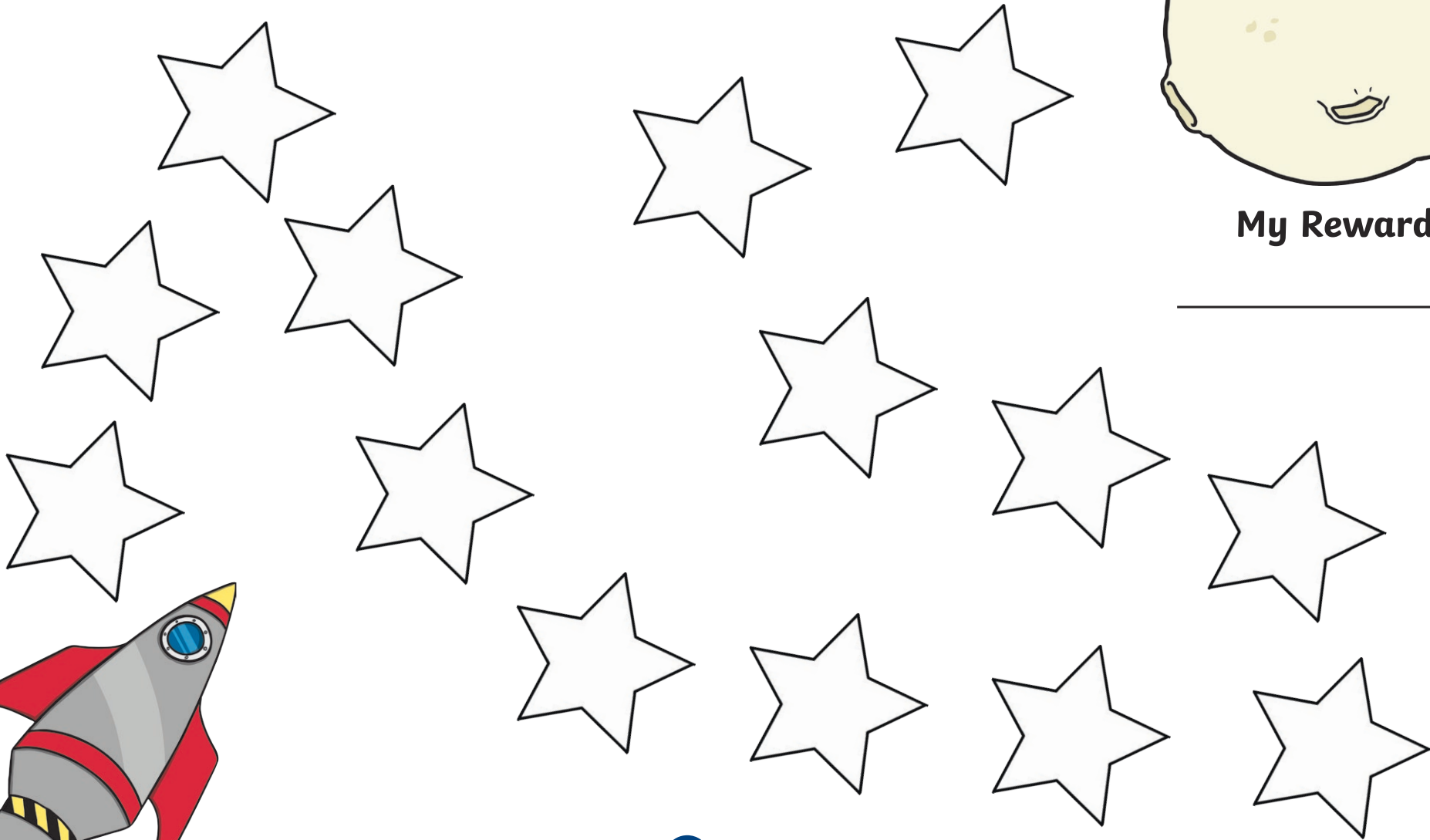
- be clear and specific when deciding with your child what they need to do to achieve a star. It is not specific enough to say, for example, 'tidy your bedroom', as your standards of tidiness may be quite different to your child's! Small steps are better;
- set a target that is easily measurable, for example, 'no clothes on your bedroom floor by bedtime'. When this habit has become ingrained, you can make a new chart with a new target such as 'make your bed before you leave for school'

Similarly, talk to your child to decide what the reward will be – it does not need to be big or expensive. It can be good to link it to the task – for example, the reward for keeping a tidy bedroom might be to have a new poster for the wall or cuddly toy for the bed! They can write the reward in the moon to keep them motivated.

To reach the moon I need to _____



My Reward



To reach the moon I need to _____



My Reward

