

# Parent's Guide to Creating a Behavior Modification Plan for Children

Creating a behavior modification plan for your child can be an effective way to encourage positive behaviors and reduce undesired ones. Here's a guide on how to set up such a plan using key elements to motivate and guide your child.

**Disclaimer:** This guide is intended to complement, not replace, your psychotherapy with a licensed therapist. It should be used under the supervision of a licensed professional.

## Daily Expectation Earning Daily Privileges

- ✓ **Set Clear Daily Expectations:** Outline specific behaviors or tasks you expect from your child every day. Ensure these are age-appropriate and achievable.  
*Example:* Tidying up toys, completing homework, or speaking politely, not having temper tantrums
- ✓ **Assign Daily Privileges:** Reward your child with privileges for meeting these daily expectations.  
*Example:* Extra playtime, a favorite snack, or a short story before bed.
- ✓ **Track Their Progress:** Consider using a chart or sticker system. Every time they meet an expectation, they get to add a sticker. Collecting stickers can be an exciting visual motivation for kids.

## Activity: Daily Expectations and Privileges Chart Example

Date	Task 1: Tidying up the toys	Task 2: Completing Homework	Task 3: Speaking Politely	Privileges earned: 30 minutes i-pad time, 30 minutes extra playtime, favorite snack
MM/DD/YY	✓	✓	✓	✓
MM/DD/YY	✓	✓	✗	✗
MM/DD/YY	✓	✓	✓	✓
MM/DD/YY	✗	✓	✗	✗
MM/DD/YY	✓	✓	✓	✓

## Every Day is a New Day

- ✓ **Fresh Start:** Ensure your child understands that each day offers a new opportunity to earn rewards, regardless of the previous day's behavior.
- ✓ **Stay Encouraging:** Children will have off days. Use them as teaching moments rather than punitive ones, reminding them they can always try again.

## Bonus on Weekend if Week is Good

- ✓ **Set a Weekly Goal:** Determine a goal for how many daily expectations they should meet in a week.  
*Example:* If there are 7 daily tasks, perhaps the goal is to achieve at least 5 on 5 days of the week.
- ✓ **Weekend Bonus:** If they meet or surpass this weekly goal, they earn a special treat or activity over the weekend.  
*Example:* A trip to the park, choosing a movie for movie night, or a special dessert.

## Activity: Weekly Goals and Weekend Bonuses Chart Example

Week of	Weekly goal: completing at least 5 of 7 tasks on at least 5 days of the week.	Weekend Bonus Earned
MM/DD/YY	✓	Choosing movie for movie night
MM/DD/YY	✓	A trip to the park
MM/DD/YY	✗	None
MM/DD/YY	✓	Eating out at favorite restaurant

## Addressing Severe and Highly Undesirable Behaviors with Privilege Removal

- ✓ **Highlight Critical Behaviors:** This approach should be reserved exclusively for behaviors that are of serious concern due to their intensity and potential consequences and require immediate attention and intervention. First, pinpoint and outline these behaviors. *Example:* Physical aggression, major tantrums, theft, or deliberately damaging property.
- ✓ **Set Consequences:** Choose specific privileges that will be removed if they exhibit these behaviors. *Example:* Reduced screen time, skipping dessert, or an earlier bedtime. It is crucial to ensure the child comprehends the gravity of their actions and the reason privileges are being withdrawn.
- ✓ **Consistency is Key:** Always follow through with consequences to maintain the plan's integrity. But also ensure that they understand why they're facing the consequence.

## Activity: Severe Behavior and Consequence Chart Example

Date of Behavior	Undesirable Behavior	Privilege Removed
MM/DD/YY	Pushed brother	Screen Time
MM/DD/YY	Major Tantrum	Extra Playtime
MM/DD/YY	Yelled at the parent	Did not earn favorite snack



### Tips for Parents:

- **Stay Calm and Consistent:** Children thrive with structure. Being consistent with rewards and consequences helps them understand and respect boundaries.
- **Involve Your Child:** Let them have a say in the rewards or even some expectations. They'll feel more invested in the plan.
- **Review and Adjust:** As your child grows, their motivations and challenges will change. Adjust the plan accordingly.
- **Celebrate Successes:** Even the small ones. Positive reinforcement goes a long way

*With dedication and a bit of patience, this behavior modification plan can help establish a positive environment at home, aiding your child in understanding the value of good behavior.*

## Dive Deeper into the Topic

If you're eager to explore more about effective parenting strategies and building a positive bond with your child, consider delving into these enlightening reads:

- "1-2-3 Magic: 3-Step Discipline for Calm, Effective, and Happy Parenting" by Thomas W. Phelan A tried-and-true method that introduces parents to a straightforward technique for encouraging desirable behaviors in children.
- "How to Talk So Kids Will Listen & Listen So Kids Will Talk" by Adele Faber and Elaine Mazlish

Specifically tailored for parents of children aged 2 to 7, this book offers invaluable communication strategies to foster understanding and collaboration between parent and child.

To further develop and practice the skills you've learned in this guide, please use our Behavior Modification Workbook. Access the workbook [HERE](#)