

BEHAVIOREFLIP

Dramatic Behavior Changes When Nothing Else Works

DIY: Children's Behavior Chart



Well, it's the first week back and if you're like every other mother I know this week was a whirlwind of running, finding, searching, packing, and cleaning. I spent all week telling myself that I needed to create a behavior chart, morning routine poster, and a bedtime routine posts. Each night after the kids went to bed, I was so exhausted I just zonked out on the couch.

So today I find myself planning how I'd like each morning and each night to go so I don't have to spend them constantly following my son around asking, "did you pack your lunch? Have you walked the dog? Did you shower and brush your teeth?" These are all things he should do automatically and the best way to get him to do them without me telling him is to create routine checklists. I've linked to my routine posters and behavior chart at the end of this post for you to download

About The Author

Chaunna Brooke is an award winning teacher. She has over 13 years experience working with children ages 2-12.

She is dedicated to helping parents learn child behavior techniques that produce dramatic behavior changes

Her mission is to help you identify your child's behavior type, give you the proper behavior management skills for your child's behavior type, and then see a dramatic behavior change in your child... even if nothing else has worked for you.



[Follow Chaunna
On Facebook](#)

There are 3 things you need to consider before you create your children's behavior chart.

1. What tasks do you want your child to do each day on his own?
For me it's, get dressed, walk the dog, eat breakfast, pack your lunch (well put it in his backpack), and be ready to leave on time. In the evening, I'd like him to tidy his room (it doesn't need to be perfect, I just need his clothes in the basket and his floor cleared), shower, and then walk the dog before bed. It's not too much to ask for, and I don't want to have to ask him every night. So, instead of nagging and yelling you can be proactive by creating a behavior chart and rewarding your child every time they do these tasks on their own.
2. Will each child have their own behavior chart?
I only have one, but for families with more than one you can have multiple charts or just put a chart on each child's door for ease of use and organization.
3. What will they earn when they do these tasks?
I know many moms are on a budget, so the best thing to offer is your time. My son LOVES

working towards pool time, family picnics, bike rides, etc. These are all free and only take up 2-4 hours depending on which one he asks for. I've also added in movies, the arcade, family game night, and pizza night (paid, but still relatively inexpensive if he only choose them twice a month).

Once you know what tasks you want your child to do each day and what he or she will be working for it's time to give each one a value. Here's how I worked out the values for my child's behavior chart:

Giving Each Task on your Children's Behavior Chart A Value

- Good Manners – 2 stars per day x 7 days a week = 14 stars can be earned
- Morning Routine – 5 stars per day x 7 days a week = 25 stars can be earned (we don't count this on Saturday and Sunday)
- bedtime routine – 5 stars per day x 7 days a week = 25 stars can be earned (we don't count this on Friday and Saturday)
- Homework – 2 stars per day x 7 days a week = 14 stars can be earned (including weekends because he's expected to read for 30 minutes every day)
- Chores – 2 stars per day x 7 days a week = 14 stars can be earned (each day has a different chore – Monday through Friday he puts away dishes, Saturday he Vacuums the living room and hall way, Sunday he helps me mom the kitchen).
- No Back talk – 1 star per day x 7 days a week = 14 stars can be earned
This is a personal goal for him because we are trying to modify this behavior, so positively reinforcing him for each day he doesn't rebuttal me with a sentence that starts with "but" I was just," or "I was only"

If he does everything perfect all week long he could earn a total of 106 stars!

Finding a reward they want to work for

I took a look at all the things my son asks us to do each week. The types of things he likes to spend his birthday money on, and the places/things he likes to do. I know everyone is on a different budget, so I've put together a list of rewards your children can earn – both paid and free:

- Pocket Money/Allowance – my son earns up to \$5 per week for doing chores each day
- An hour of TV
- An hour of video games
- Trip to the ice cream shop
- Snack Shack – his school cafeteria has additional snacks he can buy
- Pool time
- Sleep over at a friends house
- Family bowling trip
- Movie night
- Camping (he's in scouts, so we go camping often)
- Family game night
- Bike ride
- Picnic at the park
- Extra outside play time

We chose 5 of these for the first quarter of school, but as time goes on your child may get tired of these results so you'll have to trade them out throughout the school year. Once you have 5 things they can work towards, give them different values that your child will trade in "stars" for activities – remember to factor in how many stars they can earn in a week. Here's mine:

- Picnic at the park – 40 stars (semi-free if you already have lunch supplies)
- Bike Ride – 15 stars (Free & healthy – he LOVES earning these)
- Pocket Money – 20 stars (I normally value this at 10 stars per dollar, so he's earning \$2 here).
- Family Bowling and \$2 for the arcade – 50 stars (we have a bowling alley that does "\$1 bowling night where it's \$1 for shoes and per game, so the whole night after drinks and such costs less than \$20)
- Camping – 175 stars (the next scout trip is at the end of October – he has 7 weeks to rack up these stars. That's 25 stars/week that he puts towards his scout trip).

Now that you have all the plans for your child's behavior chart. Let's get one printed. Here are all of the resources I found to help you print out a child's behavior chart that is perfect for you:

- [Behavior Flip – Childrens Behavior Chart](#)
- [Behavior Flip – Morning & Bedtime Routine Posters](#)
- [Stickers & Behavior Charts](#)
- [Character Behavior Charts](#)
- [Superhero Behavior Charts](#)

If you're an on the go mom and you have a hard time remembering to keep up with at home behavior charts then you should check out this iPhone app. I just downloaded it and set it up to give it a try this week (because I forget to update the behavior chart when we get back from a long errand running trip). Here's my video review ----->

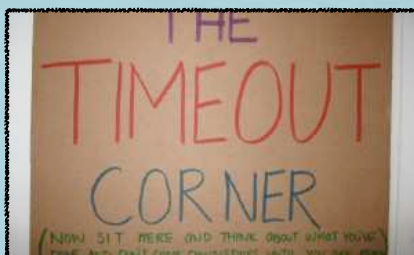
Click Here To Watch:
<http://www.screencast.com/t/obp25MbZXtgH>

What are some goals you have for your son or daughter? Tell us how you're using (or not using) a behavior chart in your home in the comments below.

Related Posts



5 HELPFUL STRATEGIES FOR TEACHING MANNERS TO KIDS
[Click Here To Read More...](#)



HOW LONG SHOULD YOUR CHILD BE IN TIME OUT?
[Click Here To Read More...](#)

FREE Behavior Band-aids Ebook



Quick Fix Solutions For The Most Common Behavior Problems

- Biting
- Hitting
- Tantrums

[Click Here To Download Instantly](#)