

Rules and Expectations

About 3 should do it. Two rules that should cover it: Do what your parents ask, Be gentle with your body and your words. Think about including one “Bonus Behavior” such as using your energy to make your brother feel good, to place emphasis on something you really want to see. Once they have mastered this, move onto your next priority. Be clever and manipulative- have inflation or adjust how much they get to emphasize what you really want them to do and make this the best way for them to get the most of what they want.

Chores and Responsibilities

Points	

Brush your teeth, go to bed on time, homework, feed the dog, trash, dishes. You can pay them points at the end of the day as well as randomly just to share your appreciation, and you can offer points to encourage behavior when they are hesitating or balking.

