

Parent-child behavior contract

This contract between _____ and _____
begins on _____. We developed this contract together and will review it on _____
to see if we need to change anything.

Goals

Goal:

Strategies:

1.

2.

3.

Goal:

Strategies:

1.

2.

3.

Parent-child behavior contract

Rewards and consequences

Rewards (for using strategies):

Consequences (for not using strategies):

Signatures:

and

Parent-child behavior contract

This contract between Ethan and Mom begins on April 10. We developed this contract together and will review it on May 1 to see if we need to change anything.

Goals

Goal: Ethan will use words instead of throwing things when he's angry at Mom.

Strategies:

1. When Mom holds up 5 fingers as a signal, Ethan will count to 5 to help him think before he acts.
2. When Ethan tries to say why he's upset, Mom will focus on him and really listen.
3. Ethan will jump on his trampoline to help calm down.

Goal: Ethan will complete his chores without arguing.

Strategies:

1. Ethan will take a break when he's feeling frustrated.
2. Ethan will start his chores earlier so he's less tired when doing them.
3. Mom will use a timer to help Ethan see how long it takes to get chores done.

Parent-child behavior contract

Rewards and consequences

Rewards (for using strategies):

Mom will put a checkmark on the dry-erase board when Ethan meets a goal _____
or uses one of the strategies. When he gets 5 checkmarks, he'll get 5 extra _____
minutes of video game time. _____

Consequences (for not using strategies):

Mom will tell Ethan to go to his designated calm-down spot. After he calms down, _____
he'll clean up anything he threw and do his chores before video game or free time. _____

Signatures:

Ethan _____

and

Mom _____

Parent-child behavior contract

This contract between Skyla and Dad begins on April 10. We developed this contract together and will review it on May 1 to see if we need to change anything.

Goals

Goal: Skyla will get to school on time.

Strategies:

1. Skyla will pack her backpack and lay out her clothes the night before.
2. Dad will check in with Skyla 10 minutes before it's time to leave.
3. Skyla will wait to check her email and social media until after she gets dressed.

Goal: Skyla will take responsibility for her actions.

Strategies:

1. Skyla will talk with Dad before an activity so she knows how she is expected to behave.
2. After the activity, Skyla will talk with Dad about how she did. Both of them will talk, listen, and offer feedback.
3. Skyla will say she's sorry when her actions have a negative effect on others.

Parent-child behavior contract

Rewards and consequences

Rewards (for using strategies):

Dad will put a checkmark on the dry-erase board when Skylia meets a goal or _____
uses one of the strategies. 10 checkmarks = 30 extra minutes of screen time.

Consequences (for not using strategies):

Late to school = no phone privileges that night. If Skylia doesn't use her strategies, _____
she'll be grounded the next weekend.

Signatures:

Skyla _____

and

Dad _____