

**Directions:** Work with your child to come up with a couple goals and the steps you both can take to help change these behaviors. Help your child develop rewards for meeting goals and consequences for not meeting them. (More input will make your child likelier to follow the contract.) Post the contract where you both can see it.



Cut here

## Sample Parent-Child Behavior Contract for Younger Kids

This contract between Ethan and Mom begins on April 10th. We agree to look at it again after 3 weeks to see if we need to adjust any details or set new goals.

### Goals

**Goal 1:** Ethan will use words instead of throwing things when he's angry at Mom.

**Step for success:** Ethan will respond to Mom's signal of holding up 5 fingers and count to 5 to help him think before he acts.

**Step for success:** When Ethan tries to say why he's upset, Mom will focus on him and really listen.

**Step for success:** Ethan will jump on his trampoline to help him calm down.

**Goal 2:** Ethan will complete his chores without argument.

**Step for success:** Ethan will take a break when he's feeling frustrated.

**Step for success:** Ethan will start his chores earlier so he's less tired when he's doing them.

**Step for success:** Mom will use a timer to help Ethan get a sense of how long it takes to get chores done.

### Rewards & Consequences

**Reward:** As a reward for meeting a goal or for following one of the steps for success, Mom will make a checkmark on the dry-erase board. For every 5 checkmarks, Ethan can have 5 extra minutes of daily video game time (or another activity of his choice). At the end of the week, if Ethan has received 25 checkmarks, he and Mom will do something special together over the weekend.

**Consequence:** As a consequence for not following at least one of the steps for success, Mom will tell Ethan to go to his designated calm-down spot. Once he's calm, he will be expected to clean up what he threw or finish his chores before he has video game or free time.

### Signatures

Date to review: May 1

Ethan and Mom

**Understood**