

# 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:**

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**Strategies:**

1. 

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2. 

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3. 

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**Goal:**

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**Strategies:**

1. 

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3. 

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# Parent-child behavior contract

## Rewards and consequences

Rewards (for using strategies):

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Consequences (for not using strategies):

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Signatures:

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and

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# 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 for 3 minutes to help calm down.

**Goal:** Ethan will complete his chores without arguing.

### Strategies:

1. Ethan will take a 5-minute 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. One checkmark equals 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 each night before school.

2. Dad will provide reminders 30 minutes and 15 minutes before it's time to leave.

3. Skyla will get dressed before checking her email and social media.

**Goal:** Skyla will take responsibility for her actions.

### Strategies:

1. Skyla will check in 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 Skyla meets a goal or \_\_\_\_\_  
uses one of the strategies. 5 checkmarks = 30 extra minutes of screen time.

### Consequences (for not using strategies):

Late to school = reduced phone privileges that night. If Skyla doesn't use her \_\_\_\_\_  
strategies, she'll lose a specific privilege for the day.

## Signatures:

Skyla \_\_\_\_\_

and

Dad \_\_\_\_\_