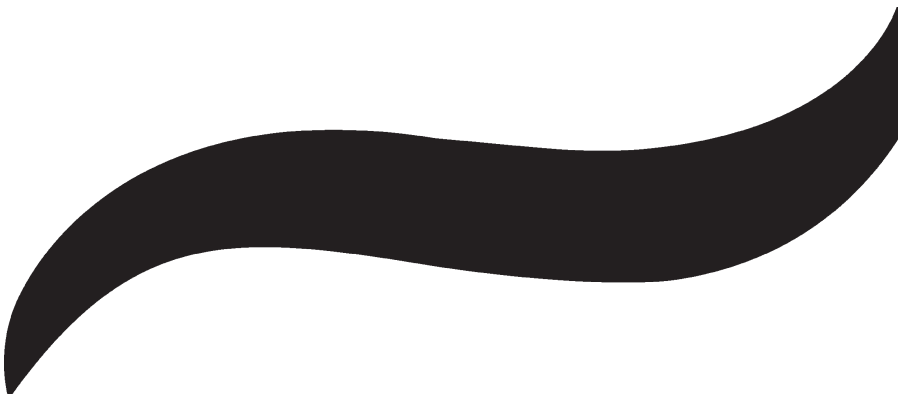




Using Star Charts

Paediatrics
Information for patients



BELOW ARE SOME SIMPLE RULES TO HELP YOU USE YOUR STAR CHARTS MORE EFFECTIVELY.

Do's!

1. Be specific about what you are providing stars for.

If you are unclear about the behaviour you want to see more of in your child they are unlikely to be successful. Being specific about the behaviour you are trying to encourage will also make it easier for you to know when to give a star.

2. Choose small steps.

One reason that reward programmes sometimes fail is that parents make the expectations of their child so big that the task may seem impossible to the child and they will give up before they have even begun. By making the steps small you can gradually increase the expectation of your child to achieve the desired goal.

3. Focus on positive behaviours.

It is important to focus on the behaviour you want to see more of in your child, and not on the behaviour you are trying to stop, e.g. reward your child for playing and sharing with their brother or sister, rather than for not fighting.

4. Get your child involved in setting up the reward system.

The ultimate goal of your star chart is to teach your child to take responsibility for their own behaviour. Getting them involved in the **choice of rewards** and the **design of their star chart** is essential in helping them to become more motivated to earn the stars.

5. Use inexpensive rewards.

Rewards don't have to be expensive. A young child may enjoy some stickers, or a trip to the park, swimming or an older child extra privileges, such as staying up an extra hour.

6. Get the behaviour first, then give the reward.

Rewards should be given for positive behaviours **after** they have occurred.

7. Make sure the star is given immediately.

It is important that your child receives their star immediately after they have behaved in the desired way. This will help to keep them motivated into earning more stars.

8. Stars and rewards can be gained over as much time as needed.

It is important that your child is able to achieve the desired number of stars to gain their reward, so the chart can last beyond one week if needed. It may be useful to leave dates and days off the chart so that there is no time limit in which your child has to achieve the goal.

9. Reward your child every time the behaviour occurs.

For the stars and rewards to work your child needs to be rewarded every time the behaviour occurs. This way you can be consistent and your child will be clearer about the behaviours you want to see in them.

8. Keep it simple.

If the reward system becomes too complicated your child will be unclear about what is expected of them. The simpler you can make it the better!!

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