

Token Guide

Purpose:

The purpose of this guide is to help parents and children/ adolescents (referred to as Kids throughout the rest of this guide) to correct or prevent unwanted behaviors. This system focuses on positive reinforcement instead of punishment. The benefits for the parents is that this system takes the arguing, and negative feelings from raising children and adolescents out of the equation and allows for appropriate learning opportunities and growth. This system is designed to remove the unwanted feelings parents get from having to discipline their Kids. Modifications can be made to this system; however, they should be appropriate in nature.

Materials:

2 containers (1 for the "token bank", and 1 for the rewards)

Tokens: these can be marbles or anything you would like to use. (I went to Dollar Tree and bought a bag of marbles for \$1.00.)

Prizes: These will vary at first, should be inexpensive. More expensive prizes can be earned later or dependent on age.

Master list: the master list is to be created by parents with the Kids.

Method:

Parents and Kids will create a "Master List" together that lists positive behaviors one wants to increase and negative behaviors that one wants to decrease. The behaviors that the parent wants to increase are ways to earn tokens. Another list on the same page should list the behaviors parents want to eliminate, being the ways one loses tokens. Parents and Kids will work together creating the list, allowing Kids to have input in severity or amount of tokens lost as consequences. We want this experience to be an active participation by both parents and Kids.

Implementation:

This is a rough outline of how to implement the system. If Kids get the hang of it sooner than later than one can move the rewards out further. As the time it takes to achieve reward increases, so should the value of the reward.

Week 1: For the first week rewards need to be earned daily or should not take longer than 2 days to obtain reward. These rewards can and should be inexpensive. The point of this is to let the child/ adolescent know the purpose of doing good.

Week 2: This week should be similar to week 1 except the rewards should be earned every 2-4 days instead of daily/ 2 days.

Week 3-5: At this point the reward should be earned on a weekly basis.

Week 6: From here on out rewards can be earned monthly, or every 3 months. (For younger Kids a monthly prize works better as they can see the "payment" sooner and continue positive progress)

Note:

If a parent would like a Kid to do something not on the list such as, doing the dishes (to help parents free up time) a parent can ask Kid if they would like to earn a token (or more dependent on what they are doing).

A Kid had gone into their room and brought out clothes from their dresser and threw them in the living room. Instead of arguing with the Kid to pick the clothes up and stressing out the parent took this opportunity to allow the Kid to make a decision. The parent gave the Kid 2 options, the first was the Kid could earn a token if she liked by picking up the clothes and folding them and putting them away or the Kid could pay the parent a token to pick up the clothes, fold them, and put them away. In this situation the Kid chose to earn a token instead of paying one. As adults sometimes there are things we would rather pay someone to do rather than do it our self. It makes sense to teach our Kids these lessons while they are still under our care and protection, rather than them learn the hard way once they are out of the home.