SHAPING BEHAVIORS

1. **Pick the behavior you want to start**. (For example, I want my child to get out of bed on his own and get dressed, eat breakfast and be ready with all of his stuff for the school bus on time.)

2. **Make the behavior easy to accomplish**. Ask yourself, what is interfering with that behavior taking place now? (For example, does the child have an alarm clock, morning routine, clothes picked out, know how to fix own breakfast, school stuff in the same place)

3. **Set realistic goals and communicate those goals to your child**. (1. Get up with reminder from mom; 2. Get up with alarm clock; 3. Put clothes out the night before; 4. Get dressed in morning with reminder; 5. Get dressed in morning on own, etc.)

4. **Set up a system of rewards to reach goals**. (positive praise, behavior charts)

Reward Tips:
- *NEVER* reward before behavior occurs.
- Don't use rewards to stop misbehavior.

Reward Examples:
- Time alone with mom or dad
- Read a story with mom or dad
- Play a game
- Play with special toys
- In charge of what to watch on TV
- Play outside later in the evening
- Buy instead of bring school lunch
- "Get out of chores" pass
- An affordable toy/game/book $
- Stay up thirty minutes later
- Visit a special relative/friend
- Have a friend over for a sleepover
- In charge of the radio station in the car

- Trip to playground
- Trip to the mall $
- Go out for ice cream $
- Internet time
- Stickers $
- Pick out a video $
- See a movie $
- Pick what's for dinner
- Go out to lunch $
- Money $
- Clothes $
- Talk on the telephone
- Car ride to school