

Popular Rewards

We recommend figuring out each reward based on how costly the reward is to the family. If parent time is hard to come by, then time alone with a parent should be valued accordingly. Items can be valued at 0.50 or \$1.00 per point. So, earning an \$8 nail polish would cost the youth between 8 and 16 points. Clinicians can help families figure out point values based on the family's resources and values.

Physical Items

- Larger toys or sets (LEGOs)
- Dollar store items
- Clothing or accessories (for older kids/teens)
- Make-up/nail polish
- Get room decorations
- Stuffed animals
- Electronics
- Treats/dessert/hot chocolate
- Games
- A souvenir from vacation/at an event
- Books

Privileges

- Additional screen time
- Sleepover
- Movie night with family
- Choose the meal or restaurant
- Go to bed a little later
- Redecorate bedroom
- Special seat in the car
- Parents do your chores for a day
- Play DJ on a car ride
- Go for a manicure or pedicure
- Additional reading time
- Go to a café with a parent
- Pick the activity for the day
- Go to a movie
- Go to a sporting event
- Take a walk with a parent
- Watch funny YouTube videos

Special time

- Bake or cook with a parent
- Play a game with a parent
- Play sports (catch/basketball) with a parent
- Family game night
- Have a visit with a beloved relative
- Praise
- Do art or craft projects together
- Work on a puzzle with a parent
- One-on-one time with a parent
- Go to the park or library afterschool with a parent
- Take a small trip/excursion with a parent
- Play an instrument with/for a parent
- Watch a TV show together with popcorn