

Program Two: Using Praise and Incentives to Encourage Cooperative Behavior



Part 2: Motivating Children Through Incentives

Refrigerator Notes and Handouts



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Part 2: Motivating Children Through Incentives



HOME ACTIVITIES FOR THE WEEK



To Do:

CONTINUE Coaching and Child-Directed play with your child every day for at least 10 minutes , and **INCREASE THE NUMBER OF PRAISES** given to your child.

TRY giving a spontaneous sticker or special treat for a social behavior you want to encourage.

CHOOSE ONE BEHAVIOR TO WORK ON WITH A STICKER CHART OR REWARD SYSTEM from your list of behaviors you want to see more of (Record on the Behavior Record handout).

EXPLAIN the sticker system to your child for the behavior you want to encourage; **MAKE** the chart together and **BRING** the chart to the next meeting.

CONNECT WITH YOUR BUDDY from the group and share your ideas about incentives.



To Read:

Handouts and Chapter Six, *Incentives and Celebrations*, in **The Incredible Years** parent book or audiobook.



Part 2: Motivating Children Through Incentives

HOME ACTIVITIES FOR THE WEEK

(use this handout if you are doing a 2nd session on this topic)



To Do:

CONTINUE CHILD-DIRECTED PLAY with your child every day for at least 10 minutes, and **INCREASE THE NUMBER OF PRAISES** given to your child.

KEEP WORKING on your chart or sticker program.

If your child is having problems at school, set up a program that includes tangible rewards for “good-behavior” notes from teachers. (Talk to your child’s teachers about sending these home.)

SHARE with teachers what activities motivate your child. (And praise their efforts to work with your child.)



To Read:

Handouts and Part 3, Problems 3 & 10, *Dawdling and Mealtime Problems*, in **The Incredible Years** parent book or audiobook.





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Home Activities



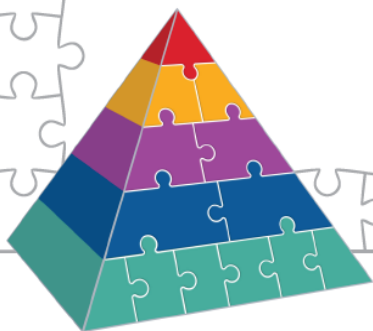
RECORD SHEET: PRAISE, ENCOURAGEMENT & REWARDS

Record times you praised and/or rewarded your child and your child's response. Remember other family members and friends can also encourage your child. Let them know what child behaviors you are working on for positive attention and a reward.

Date	Time	Examples of Praise Statements & Selected Rewards	Types of Child Behaviors Praised and Rewarded	Child's Response

REFRIGERATOR NOTES ABOUT TANGIBLE REWARDS

- Target 1-2 positive child behaviors to strengthen.
- Make the behavior steps small.
- Gradually increase the challenge.
- Don't make programs too complex—choose one or two behaviors to start.
- Choose inexpensive rewards.
- Have daily rewards.
- Involve your child in choosing rewards.
- Get the positive behavior first, then reward.
- Reward everyday achievements.
- Gradually replace rewards with social approval.
- Be clear and specific about rewards.
- Have a varied reward menu.
- Show your child you expect success.
- Don't mix rewards with punishment.
- Consistently monitor the reward program.
- Co-ordinate your program with your child's teacher.



REFRIGERATOR NOTES

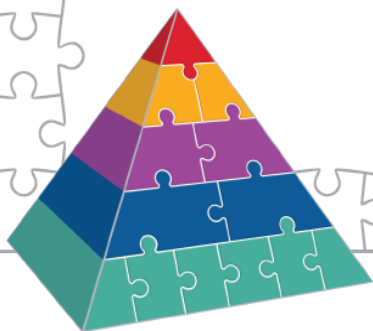
ASSESSING YOUR CHILD'S POTTY TRAINING READINESS

Some children are trained by three years old but don't worry if your 3-year-old isn't trained; many children aren't ready until they are four years old. If your child shows signs of readiness you can begin toilet training at about 2½ years old. Avoid rushing or getting into power struggles over this. Do this training when you have the time and patience and don't have too many other family pressures.

Encourage your children's beginning toilet training steps by giving fun stickers, hugs and encouragement for taking down their pants on their own, sitting on the seat, and washing hands, regardless of whether they go in the toilet.

Signs of Readiness

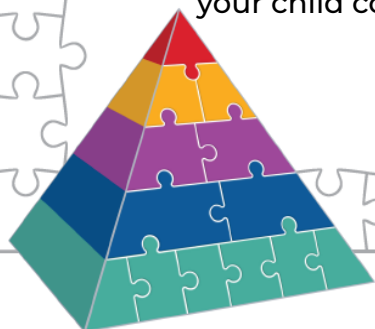
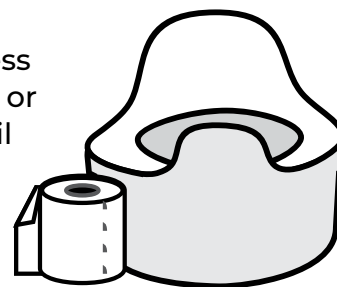
- your child can stay dry for 3 hours or more
- your child recognizes the signs that they have to go
- your child can pull down their pants down and up by themselves
- your child seems interested or motivated to become potty trained
- your child is imitating others going to the bathroom
- your child can follow simple instructions



REFRIGERATOR NOTES

THE POTTY PLAN: TURNING TINKLES INTO TRIUMPHS

- **Dress for Success:** Select clothes that are easy to take off such as elastic-waisted pants.
- **Use the Right Tools:** Use a child-sized potty chair or toilet seat adaptor seat with a foot stool.
- **Let Them Watch and Learn:** Allow your child to watch you or an older sibling use the toilet. Model by showing how to wipe, flush, and wash hands.
- **Start with a Routine:** Begin by seating your child on potty fully clothed once a day. Respond with proud smiles and praise their success undressing and sitting.
- **Go Bare When Ready:** Progress to having them sit on the potty bare-bottomed, whenever they are most likely to have a bowel movement. Let it be natural - never force or restrain them. Flush with giggles.
- **Celebrate Small Successes:** Praise your child and give a fun sticker when they use the potty seat, tinkle, poop or stay dry.
- **Encourage Independence:** Remind your child they can always ask for help if they need to go.
- **Teach Clean-Up Skills:** Show your child how to wipe properly and wash their hands every time.
- **Stay Calm Through Setbacks:** Accidents are normal. Reassure your child with a calm, positive attitude. *"That's okay, next time you will get to the potty in time!"*
- **Try Training Pants:** Once your child is making progress, introduce training pants for short periods to help them learn to undress themselves.
- **Diapers at Night Are Okay:** Nighttime dryness may take much longer to develop - months or even years. Keep using diapers at night until your child consistently wakes up dry.



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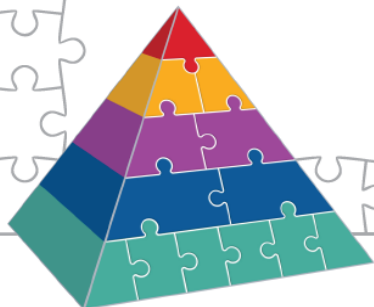
REFRIGERATOR NOTES

Practice Praising Yourself and Others!

- Send a note to your child's teacher telling what you like about your child's classroom and learning experiences.

AND/OR

- Praise another parent or family member.
- Give yourself a compliment.





REFRIGERATOR NOTES

CARING DAYS

Strengthening Support Between Partners

Marital/partner discord can make it very difficult for parents to be effective in managing their children's behavior. The following exercise is designed to strengthen your relationship.

Identify 10 to 20 caring behaviors that your spouse or partner could do that you would enjoy. Ask your spouse/partner to do this also. List these behaviors on a piece of paper and post them. Each day you and your spouse/partner should try to select one or two items from the list and do them for one another. These caring behaviors should be (a) positive, (b) specific, (c) small, and (d) something that is not the subject of a recent conflict.



Examples:

Ask how I spent the day and listen.
Offer to get the cream or sugar for me.
Listen to "mood music" when we go to sleep.
Hold my hand when we go for walks.
Massage my back.
Arrange for a babysitter and go out.
Let me work late one night without a hassle.
Have a quiet dinner without the children.
Empty the dishwasher or do the laundry
Offer to watch the children while I make dinner, read, etc.
Allow me to sleep in one morning on the weekend.



By doing this exercise, you will obtain a record of each other's efforts and become more observant of how the other person tries to please. We have noticed that parents are often quite willing to please their partner if they understand precisely what their partner wants and know that their efforts will be recognized.

Support for Single Parents

If you do not have a partner, it is important to arrange some "caring days" for yourself. You could do this by developing a list of pleasurable things you would like to do for yourself or with a friend. Each week pick some of the items from your list to give yourself.



Examples:

Have dinner or coffee with a friend.
Go to a movie.
Arrange for a back rub.
Take a piano lesson.
Walk to the park. Have a bubble bath.
Buy and read a fun magazine.

It is also important for single parents to set up a support system. This might be done by meeting regularly with other parents, close friends, or family members. Organizations such as Parents Without Partners, church groups, and recreational groups can be sources of support and stimulation.

I can do it!



Target behavior:

Target behavior:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday









Saturday

Reward:



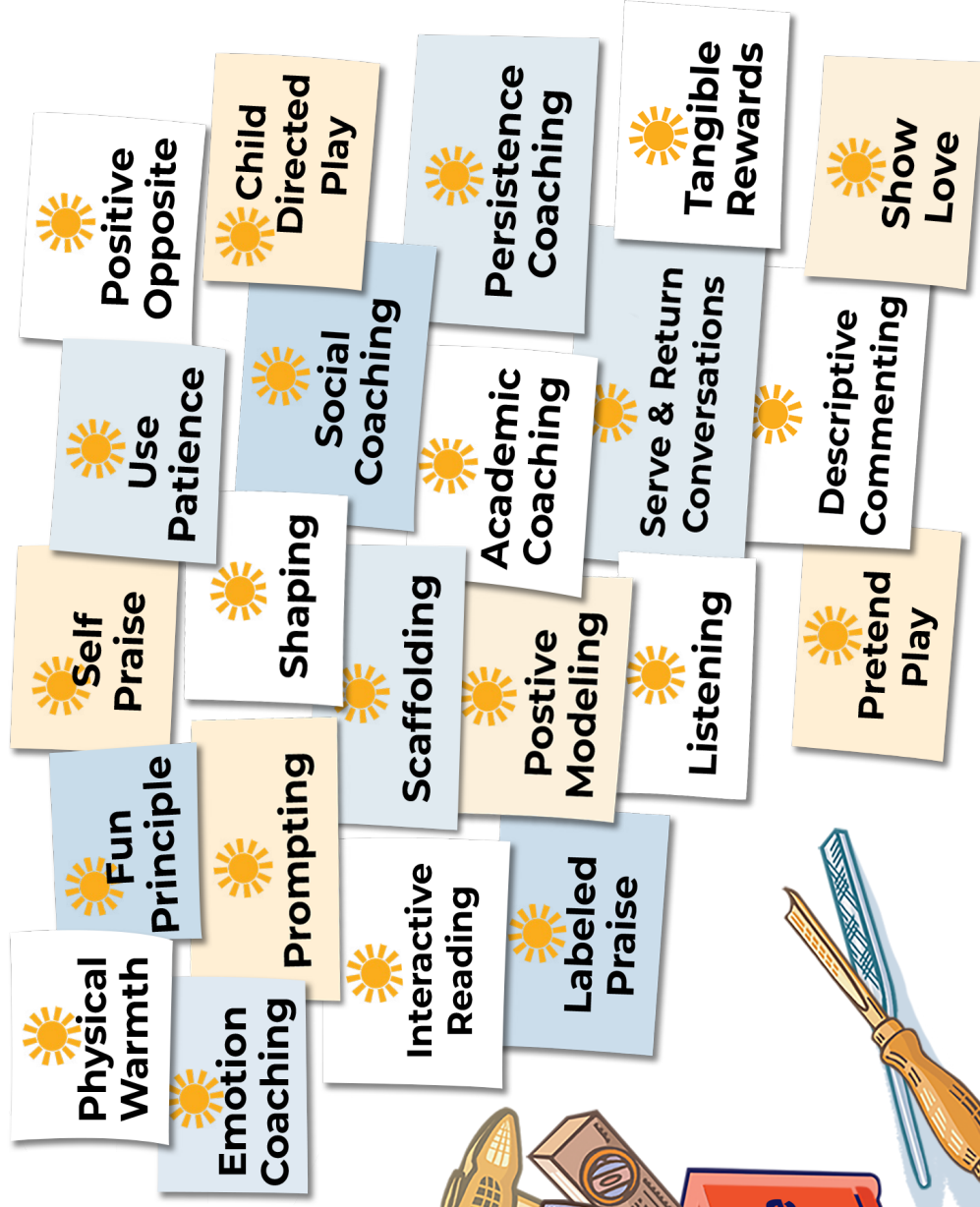
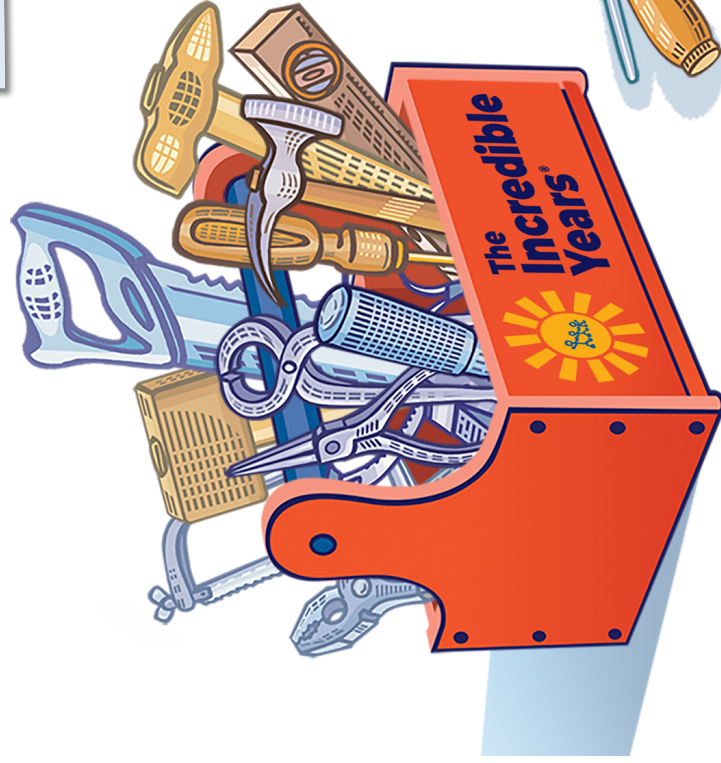
Parent Self-Reflection Inventory
 Parents learn extensively from self-reflection regarding their parenting interactions with their children. Some of the skills learned in the Incredible Years Program will be easy and others may be more difficult. From your reflections you can determine your goals for what you want to do more of. Fill this out each day and reflect on what you do often and what you might want to do more of to enhance your child's social, emotional, cognitive and academic development.

This week I used these IY Parenting Tools to build my child's positive behaviors!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Fun Principle	I used the fun principle and was silly in my play times						
 Child Directed Play	I worked on describing my child's play like a sports narrator						
 Positive Modeling	I modeled being a friendly play mate by sharing and taking turns with my child						
 Social Coaching	I played with my child using social coaching						
 Persistence Coaching	I used persistence coaching to help my child stay calm and cope with his frustration						
 Listening	I validated my child's frustrated, angry or anxious feelings and then I used persistence coaching to help my child know how s/he could cope with these uncomfortable feelings						
 Emotion Coaching	I used a puppet during our play times to model emotion words						
 Ignore	I withdrew my attention, ignored the misbehavior and gave my child an opportunity to calm down when my child was too dysregulated to be open to discussion or problem solving						
	My personal goal for this week is to earn _____ stickers						

Goal: This week I will use _____ different IY Parenting Tools to build positive behaviors!

Building Positive Behaviors



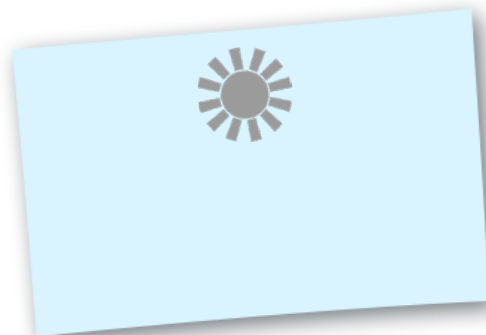
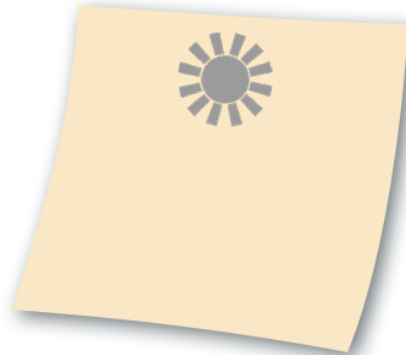
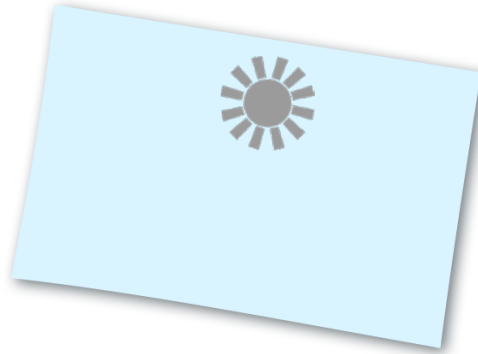
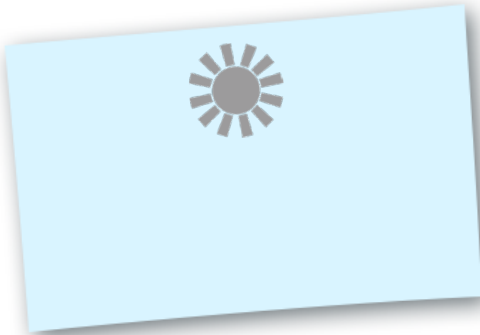


Brainstorm/Buzz: No-Cost or Spontaneous Tangible Rewards to Use With My Child

Write down in the space below some no-cost or surprise rewards to use with your child.



Playing soccer with my child
Child has a friend over to play
Child decides what to have for dessert
Parent has extra reading time with child
Child has extra half hour of TV time



Goal:

I will commit to giving a surprise reward for _____

behavior.

Brainstorm/Buzz: Reward Yourself!

Think about rewarding yourself. Have you ever used an incentive system to reward yourself for accomplishing difficult tasks or goals, like completing a difficult project, or working hard as a parent? Think about ways you could reward yourself for your hard work as a parent.



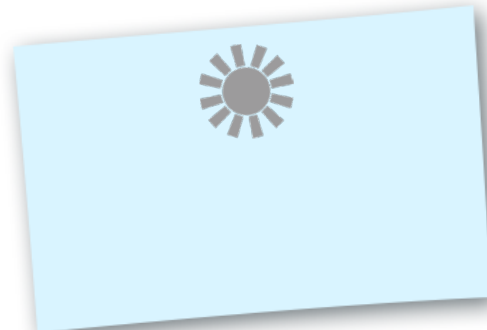
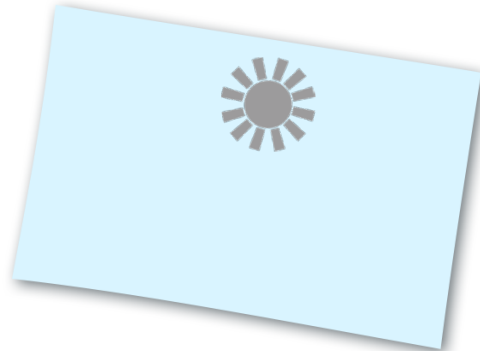
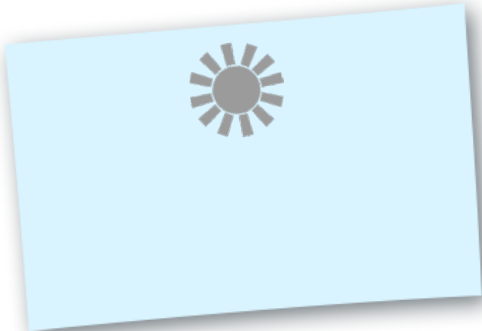
Good Incentives for Me

A walk in the park

Tea/coffee with a friend

Warm bubble bath

Buy myself a good book



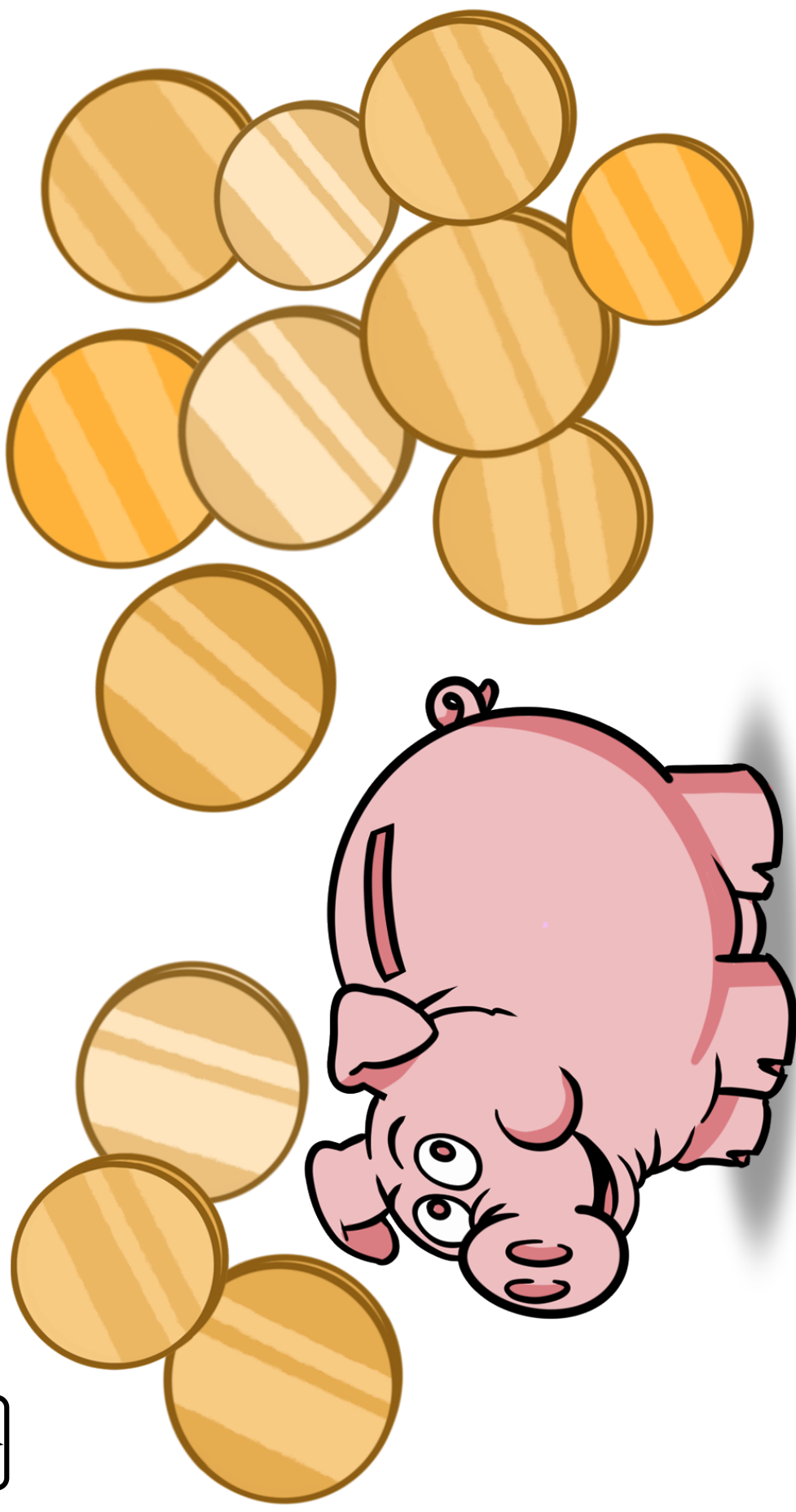
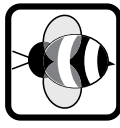
Goal:

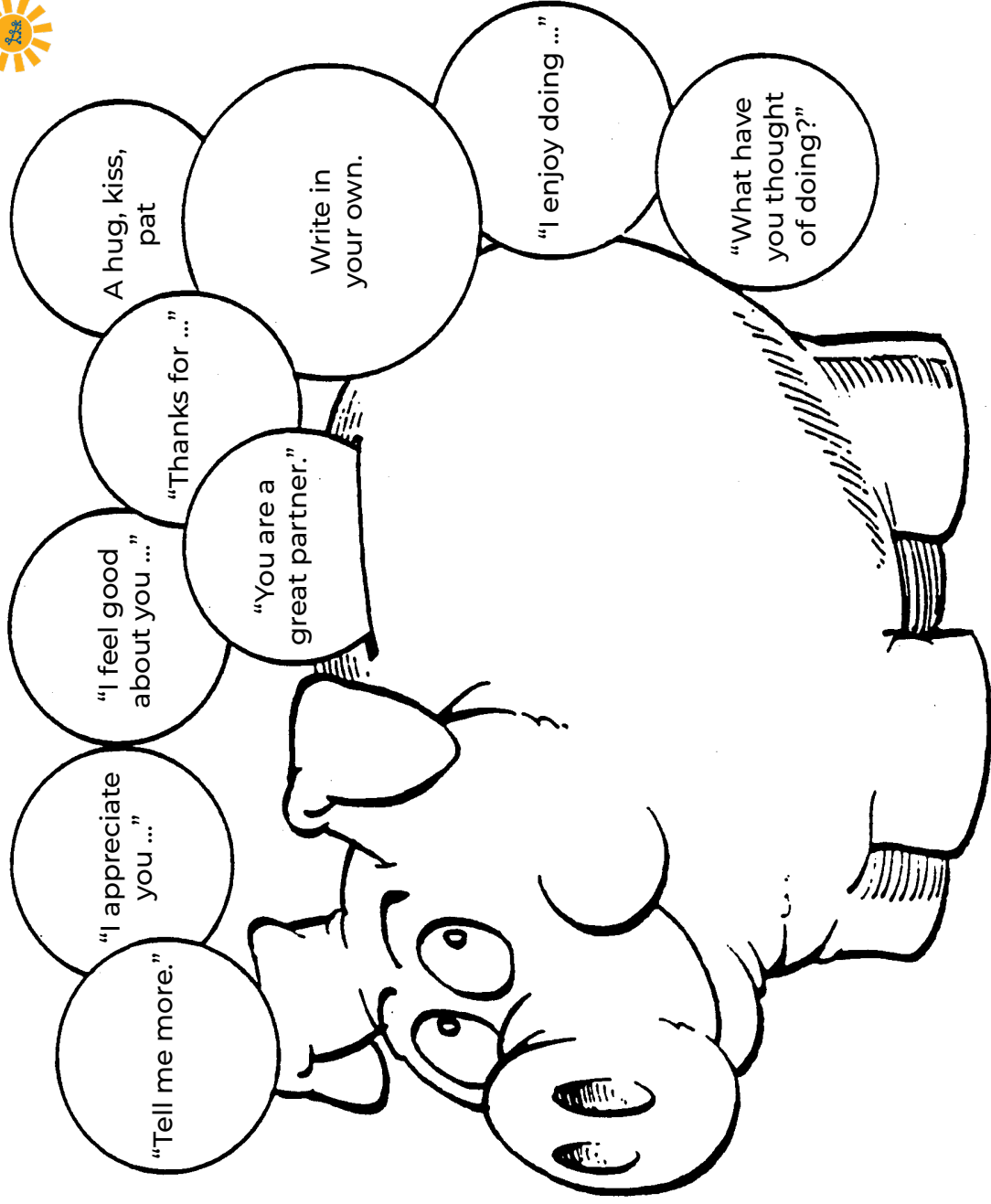
I will commit to doing something positive for myself this week. This will include: _____

_____ .



Brainstorm/Buzz: Write in your favorite no cost / low cost incentives





***Remember to Build Up Your Bank Account
With Support and Encouragement***

EXAMPLES OF BEHAVIORS TO REWARD WITH STARS AND STICKERS

- Getting dressed by themselves before the timer goes off
- Eating politely with spoon
- Making it through the night without wetting the bed
- Making the bed in the morning
- Not teasing siblings for 30 minutes
- Going to bed when asked
- Complying with a parent's request
- Sharing with sibling
- Doing homework
- Reading a book quietly
- Turning off the TV
- Watching only 1 hour of TV
- Helping set the table
- Staying calm when frustrated
- Putting dirty clothes in hamper
- Use friendly words
- Using toilet
- Washing hands before dinner
- Brushing teeth
- Staying by side of grocery cart
- Using words to state needs
- Sleeping in own bed all night

