

# ***INSIGHTS into Children's Temperament***

## **Guidelines for Contracting with Your Child**

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| <b>Prior to meeting with your child</b>  |
| 1. Select one and only one reasonable goal with the child.   |
| 2. State the goal in a positive way.   |
| <b>While planning the contract with the child</b>  |
| 3. Negotiate child and parent daily and weekly responsibilities.   |
| 4. Decide together on a daily and weekly reinforcement. (It can be a privilege or a small item).   |
| 5. You and your child should sign the contract in a business-like manner.  |
| 6. Agree on where the contract and tally sheet should be kept.   |
| <b>While the contract is on-going</b>  |
| 7. Provide no warnings.  |
| 8. Check the goal at the specified time. When achieved, place a sticker or checkmark on the tally sheet; otherwise, leave the space blank. |
| 9. Acknowledge your child when the daily or weekly goal is met. Use optimal statements whenever possible.                                  |
| 10. Be sure to provide the child with the weekly reinforcement if the week's goal is met.  |

## Parent/Child Contract

Child's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_



Goal: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Child's responsibilities: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Parent's responsibilities: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Week's Reinforcement: \_\_\_\_\_

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Child's Signature