

Directions: Work with your child to come up with a couple goals and the steps you both can take to help change these behaviors. Help your child develop rewards for meeting goals and consequences for not meeting them. (More input will make your child likelier to follow the contract.) Post the contract where you both can see it.



Parent-Child Behavior Contract

This contract between _____ and _____ begins on _____. We agree to look at it again after _____ to see if we need to adjust any details or set new goals.

Goals

Goal 1: _____

Step for success: _____

Step for success: _____

Step for success: _____

Goal 2: _____

Step for success: _____

Step for success: _____

Step for success: _____

Rewards & Consequences

Reward: As a reward for meeting a goal or for following one of the steps for success, _____

Consequence: As a consequence for not following at least one of the steps for success, _____

Signatures

Date to review: _____

_____ and _____