

# Getting along with my Sister

\_\_\_\_\_ write name above

Behavior									
	1	2	3	1	2	3	1	2	3
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

Write in the behavior that needs to be worked on in the very top column. Focus on one behavior at a time until you see the change you desire. The "1" means we need to work harder, "2" is getting better but still needs some work, and "3" means good job! Remember to be positive when speaking to your child. For example, instead of saying "stop that", say "quiet feet", "quiet mouth" or "use your words". Tell them what you want to see instead of what you don't. Reward them from the Mommy and Daddy list from below when they do well.

"I Can Do It"  $\square \longrightarrow$  "I Will Do It"  $\square \longrightarrow$  "I Did It"

## Daily List For Mommy and Daddy

To Do	Served Healthy Food	Gave Me a Hug!	Said "I Love You"	Played or Read to Me
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

