










Parents' Reward Chart

	M	T	W	T	F	S	S
I hugged my child for no reason 							
Helped my child clean their room 							
Took a calming deep breath before speaking 							
Played a board game with my child and enjoyed it 							
I apologised when I got upset 							
Showed understanding when my child was upset 							
Acted silly, just to make my child laugh 							
Did something just for me, because when I am not calm, neither is my child 