



BELGRADE BEHAVIOR
CONSULTING, LLC

CHOICE OR CHORE PLAN

Rules:

1. Set up your own household rules (no more than 3). These can be stated in the positive or negative, depending on which is better for your child. For example: No hurting, No destroying or Nice Touching People and Things. Or you can just have the one rule: Follow Directions.
2. As long as your child is following the rules, he or she is *eligible* to receive choices. Every 15 minutes or so, a fun choice should be offered, such as a game, computer, attention from a family member, toys, etc.
3. Remind the child that he/she is getting a fun activity because he/she is following the rules. You can pose it as a question: are you following our family rules? Yes! Let's play hide and seek!
4. If your child breaks a rule: impose the CHORE procedure.
5. You can put a post-it note on the cabinet or anywhere your child can see it as an IOU to indicate that a chore will be owed at a later time. By putting up the post-it note, it marks the consequence and acts as a bridge from the immediate to the delayed consequence. Try not to postpone the chore more than 2 days.
6. If chores are performed at a later time, it is helpful to do them before the child expects a fun activity, TV, video, computer, going outside, etc.

CHORE PROCEDURE:

1. When your child breaks a rule, choices are over and chores begin. Or, chores will be performed at a later time with a post-it reminder.
2. Set up a chore or several chores that are not highly preferred. Depending on the age of the child, the chores should consist of at least 15 minutes to 1 hour of labor. The parent will supervise, assist, and implement hand over hand guidance as needed. Examples of chores include, wiping

surfaces (tables, chairs, sinks, countertops, mirrors, windows, etc.), cleaning the bathroom (tub, toilet, floor, sink), sweeping and mopping, scrubbing baseboards, raking leaves, washing pots and pans, loading and emptying the dishwasher, making beds, doing laundry, taking out garbage, etc.

3. Your child should feel tired as a result of doing chores.
4. Your child should not feel punished, but rather that when he/she hinders the family unit, there is a need to make up for that behavior in the form of helping the family.
5. Complement the effect of the chore, so your child experiences a positive outcome from hard work. Say, "Wow! This room looks so clean!" or, "The countertops are so shiny!"
6. Your child may go back to choices at your discretion. Usually, following at least three directions and demonstrating rule-following for about an hour (depending on age) may result in "back to choices".