

MOOD ACHIEVEMENT AWARDS

Praising your child for being nice to friends or handling a challenging situation helps reinforce the behavior you want. You can praise your child with words, a hug, and rewards for achievement.

You can use this collection of ribbons to reward your child's healthy behavior. You can start reinforcing healthy choices like:

- Using words instead of lashing out in anger, crying, or screaming
- Being nice to friends (Remember, siblings are friends too!)
- Behaving well (Especially if you agreed upon an action, like being quiet in the car or not begging for candy at the store.)

Cut out one of these achievement ribbons and safety pin or tape it to your child's clothing. Let your child wear the award all day to celebrate his or her achievement. You may want to let your child post it on the fridge, bedroom door, or another place of honor for others to see.



