

Setting up a DAILY REPORT CARD

AT HOME



1 Introduce it to your child with positivity!

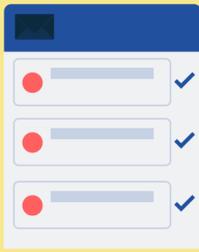


The most important part is to remain **positive** and set your child up for success! Name it something fun, such as, "Ricardo's Virtual Learning Challenge!"

Introduce this as an exciting opportunity: "I know staying on task and getting your virtual learning done on your own is something that's really tricky for you, so I'd like to give you a reward for working really hard at that."

2 Set Goals.

2



Pick daily goals with your child. Create **3-5** clearly defined behavioral goals that focus on areas that need improvement. Pick behaviors that happen **every day**: **completes all math assignments for the day, logs on to remote instruction on time, tries assignment on their own before asking for help, needs fewer than 3 reminders to stay on task**

3 Pick Achievable Goals.

It is most motivating when your child can earn rewards **regularly**. Especially when starting a new system, include goals that are **fairly easy** as well as some that are **harder to achieve**. The idea is to make the goals harder over time.



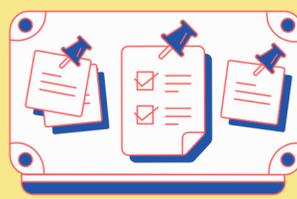
4 Set up a rewards system.

4



Your child's efforts to meet their daily goals will depend on the incentives and rewards you provide. It's important to get their input! Help your child create a **rewards menu** to increase their motivation to meet their goal. Rewards can include **screen time, a special treat, art time, a day off from chores and staying up 30 minutes past bedtime.**

5 Post the daily report card somewhere your child can see.



Create a visual board or notebook to keep track of all goals and rewards. Display it in a place where your child can **easily refer to it** when doing their virtual learning activities. This can help remind them what to do without having to ask.

6 Monitor their progress.

6



Let your child know throughout the day if they are meeting their goals. **Remind** your child of their goal and **encourage** them if they are struggling.

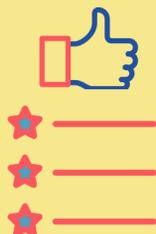
7 Praise your child.



Let your child know they did a great job, with genuine, specific praise. "**I love how you stayed at the table and finished all your math assignments.**" Parents should work hard to catch their child doing the **right thing** and **ignore minor misbehaviors**. The goal should be to give **at least 3 positive praise comments** for every corrective comment or redirection.

8 Provide the reward.

8



Make sure you provide the reward **soon after the goal has been met**. Connect the reward to the goals. "**You're doing such a great job working hard on your math. You definitely earned your screen time today.**"

9 Revise goals and rewards with your child



As your child responds to this program, they should be able to meet their goals more consistently. When that happens, **raise the bar**: Instead of requiring them to follow rules with three or fewer violations, make it two or fewer violations. Consider using a game analogy: "**The goal is to earn as many points as you can. Once you get really good at Level 1, you will have new goals. Level 2 might be a little harder, but that's because you did such a great job at Level 1!**"

If you see your child is no longer motivated by a reward, change it.

10 Create a plan you can stick to every day.

10



Be consistent! The daily report card only works if parents are consistent in using it. Make sure you hold yourself accountable to use it daily!