



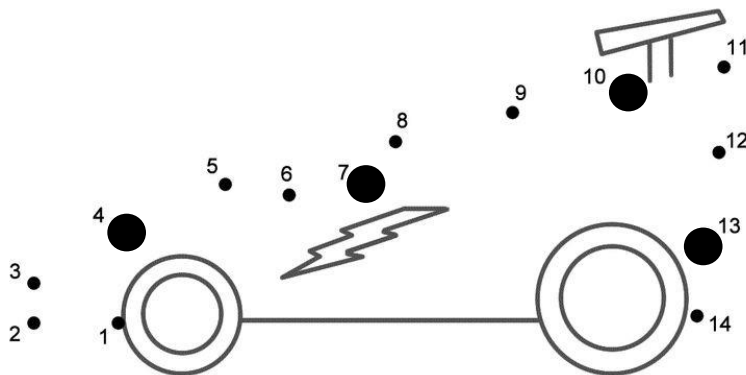
Dot-to-Dot Reward System

What is the Dot-to-Dot Reward System?

- Dot-to-Dot is a fun and easy-to-use strategy for rewarding good behavior that can be used instead of things like sticker charts or other systems that can be hard to manage.

How does it work?

- **Step 1: Identify what behaviors you want to reward.** You can use rewards to increase specific behaviors you want to see more often (for example, peeing in the potty or cooperating with instructions). Try to focus on what you'd like your child *to do*, rather than what *not to do*.
- **Step 2. Identify a reward.** Rewards can be anything that is special and motivating for your child, including objects, fun activities, special snacks, or other privileges. For example, small toys from the dollar store, blowing bubbles, fruit snacks, getting to be the “boss” of a parent for 10 min, or picking what’s for dinner.
 - *Hint:* Rewards only work if they are special! One way to make something special is to require it to be earned. For example, instead of giving 30 min of screen time “for free,” require it to be earned through good behavior. For other tips on selecting effective rewards, you can watch our video [here](#).
- **Step 3. Draw the reward with dots.** Make a simple drawing of the reward your child will earn. For example, the drawing below could be used for earning a small racecar toy. If you aren't an artist, you can simply spell out the words with dots. Put the drawing somewhere your child will see it.



- **Step 4. Connect dots when you see good behavior.** Explain to your child that you will connect two dots whenever you see the behavior they are working on. Then, each time you see that behavior, help them draw a line between dots. When the picture is done, they have earned the prize!

How many dots should I use?

- This depends on how often the behavior happens, as well as how big the prize is. Smaller, more frequent rewards usually work better than bigger, spaced-out rewards. For young children, earning the reward within a day or two is best.
- Older children (grade school aged), may want to earn larger prizes that requires a lot of good behavior. This can work, but it's best to also include some small rewards that can be earned every few dots. You can show this by making some dots bigger or a different color (see example above).

Prep for Success

Below, you can make a plan for using a dot-to-dot with your child.

What are some behaviors you'd like to increase? Try to be specific, and remember to focus on what you want your child to do. What would a small improvement in those behaviors look like?

What are some ideas for rewards for your child's behavior? Remember to focus on things that could be easily provided often, but are still special. For some children, using a "grab bag" or "treasure chest" of small rewards is a good way to do this. In that case, each time they complete a drawing, they get to pick one item.
