

CHOICE TRACKER - INSTRUCTIONS

POSITIVE BEHAVIOUR PEG CHART FOR HOME USE betterwaystohappydays.com

To make the chart:

Print both pages, glue back to back, laminate and use pegs or clips on the sides of the chart, to represent each child.

Key Points to Remember:

1. BE CONSISTENT
2. Teach/explain the expectations/rules first (choose a calm happy time)
3. Teach/explain the consequences (talk through what will happen at each stage of the chart)
4. Keep it positive - Listen to your tone - Speak to your child the way you would like to be spoken to
5. Build trust and a solid relationship with your children
6. Apologise if you make a mistake
7. Role model the desired behaviour
8. Teach through RESPECT, NOT FEAR
9. BE CLEAR
State the rule broken, then the action e.g. peg down, extra chore, then the way to get back on track
10. Move on quickly

The purpose of the Choice Tracker is to **keep it positive**, to teach children the expectations *and* the consequences. **If we understand the likely outcome of the choices that we make, we can make educated choices about our behaviour** fully understanding what we are risking. The Choice Tracker differs to the old peg chart systems as we have **rewards and opportunities** as well as having a **fresh start every day**.

If we teach children that the **house rules are just like the law outside of the house**, they can begin to understand and take responsibility for their actions. We are helping our children become responsible members of their family, school and community.

This is why **consistency is so important**, without consistency the likely outcomes of our behaviour become unclear and so do the expectations, this leads to confusion for all involved (whether it be children at home or school or adults at work or in our society).

It is also important that we remember to make the rules and expectations **reasonable and fair**, remembering to **speak to our children the way that we would like to be spoken to**, give them **time** to complete their tasks and the **opportunity** to correct their mistakes.

The best thing about the Choice Tracker is that there is always an opportunity to **earn your way back up** the chart. The chart can be used as a very fast paced tool when necessary so you can set small tasks to get back on track.

For example, if you ask your child to clean away their toys and they refuse, you can then calmly say, "You've broken a rule so I'm moving your peg down to warning, please clean away your toys now so that I can move it back up again."

If they still do not do asked you can say "I'm sorry that **you made that choice**, now your peg must move down to Extra Chore. **Your** choices have led to an extra chore so now unfortunately you have two jobs to do. Please make a good choice and put away your toys, then feed the dog, then we can enjoy dinner together and you can earn your way back up the chart." Setting a timer and walking away may also help you and your child stay calm. "I'm going to give you 10 minutes to get all of that done and I look forward to seeing you at the dinner table then." **Positive – Negative – Positive** statements are more **motivational and restorative**.

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Choice Tracker



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★ Super Star Reward ★

★ Congratulations you have earned your way to a privilege. ★

End of day on Super Star = Reward (Parent's Choice) - Ideas: Dessert, Screen Time, Choose Dinner, Family Game, Later Bedtime, Extra Hugs



Great Choices



You are MAKING GREAT CHOICES keep it up!



Fresh Start



MAKE GOOD CHOICES and get GOOD RESULTS.
Every day is a chance to start FRESH

CAUTION

Warning

CAUTION

Think about your choices and turn your behaviour around.
Think before you speak or act: Is it Kind, Fair, Safe and Fun.



Extra Chore

Take 5-10 minutes to think about your choices.

Think about what you could have done for a better outcome, do the extra chore then visit Mum/Dad for a hug.

Lose A Privilege

Think about your choices and earn your way back up.

Ideas: Dessert, Screen Time, Phone, Early Bedtime, Miss out on social activity, Written Apology, Grateful List.

