



The Family Coach®
Because we all need a little coaching sometimes.

Age-Appropriate Rewards

P: Preschoolers M: Middle School
E: Elementary HS: High School

P	E	M	HS	REWARD
X				Paint pet rocks
X				Visit to the local fire department
X				Trip to the park
X				Coin-operated ride
X				Piggyback ride
X				Finger painting
X				Stickers
	X			Bubble Bath
X	X			Make a craft
X	X			Surprise with a decorated bedroom
X	X			Visit a favorite relative or friend
X	X			An extra book or story at bedtime
X	X			Create a fun surprise scavenger hunt around the house or yard
X	X			Collect flowers and leave from the garden and make a bouquet or press in a book
X	X			Art project
X	X			Trip to the library
X	X			Make a giant fort with every pillow and sheet in the house
X	X			Trip to the zoo
X	X			Glow stick or lighting sparklers
X	X			Picnic
X	X			Making a garden
X	X			Treasure chest
X	X			Erasers
X	X	X		Visit the pet store or animal shelter to visit with the animals
X	X	X	X	A sweet treat
X	X	X	X	Visit a museum
X	X	X	X	Baking a treat
X	X	X	X	Watching a movie
X	X	X		Treat in lunch box for school
X	X	X	X	Candy
X	X	X		Television show
	X	X	X	Have favorite meal prepared for dinner
	X	X	X	Camp out in the backyard
	X	X	X	Choice of after-dinner activity
	X	X	X	Choice of game for game night
	X	X	X	Have a later bedtime (5-30 minutes)
	X	X	X	Haircut, braids, or hair dye
	X	X	X	Make a movie or video starring your child



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	X	X	X	Karaoke
	X	X	X	Alone time with one parent
	X	X	X	Extra time for video game, computer, television
	X	X	X	Get a ride to school instead of riding the bus
	X	X	X	Art or school supplies
	X	X	X	Paint child's room
	X	X	X	Book or audiobook from the bookstore
	X	X	X	Sign child up for an special class: singing, acting, karate, art, etc.
	X	X	X	Go fishing
	X	X	X	Rent a boat
	X	X	X	Have a date night with your child
	X	X	X	Go out for a meal
	X	X	X	Renting/buying a new movie
	X	X	X	Popcorn at the movies
	X	X	X	Control of music or radio station for the car
	X	X	X	Bowling, ice skating, roller skating, swimming
	X	X	X	Time off from chores
	X	X	X	Poster for bedroom
	X	X	X	Magazine subscription
	X	X	X	Trip to amusement park
	X	X	X	Inviting a friend on a family trip or out for a meal
	X	X	X	Accessories: sports, hair, attire
	X	X	X	Downloading music
	X	X	X	Time with parent to do anything child wants (within reason)
	X	X	X	Time online
		X	X	Cooking privilege
		X	X	Redecorate child's room
		X	X	Get to sit in the front seat of the car
		X	X	Lend the child a piece of your clothes, shoes, or jewelry
		X	X	Money for shopping
		X	X	Trip to mall