

PARENTING CONVERSATION

You are speaking with your child's therapist for advice on getting your child to be more independent with getting their chores done after school.

Therapist:

Good afternoon,
Mr./Mrs. _____,
what can I help
you with?



I see you're struggling
with getting your child
to follow through with
chores. Have you tried a
chore chart?

A chore chart helps your child
keep track of the things they get
done. If they are able to fill out
the chart by the end of the week,
they get a reward like extra play
time or an ice cream. This is called
positive reinforcement.

That's great! Studies show that
children learn habits better
with positive reinforcement.
Let me know how it works out
next week.



Parent:

Good afternoon, I am
struggling with getting
my child to do their
chores after school.

No, I have not.
What is that?

This is something new. I
will try it with my child.

Thank you so much!
See you next week.