


# 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.

