

Behavior Contracts

Aka contingency contracts

A written contract between 2 parties (child & parents) that includes:

1. Target behavior(s) or tasks
2. Specified Reward
3. Time frame
4. Signatures of both parties
5. Sometimes includes parents' commitments also

Our Contract

Name: _____

Date: _____

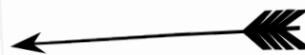
Setting:	
Expected Behaviors (child):	1.
	2.
	3.
How my parents will help:	1.
	2.
Reward I will earn:	
Criteria to meet:	

Child signature: _____

Parent signature: _____

Behavior contracts build independence, increase buy-in, and help our kids learn accountability!

- ✓ Create WITH your child.
- ✓ Post/ display in a prominent place.
- ✓ Make the reinforcer match the effort.
- ✓ Debrief together.
- ✓ No lectures- quality discussions only!



Don't forget to both sign!

Learn more about

Shaping

Recommended Easy Reads:

1. http://kidmechanix.com/effective-behaviour-contract/?fbclid=IwAR0io_vMT-qDJF-jWwkrXIW0I8drBrhHehwtVoUUNwvj9Qg5cr5sqJ6MGg4
2. <https://www.interventioncentral.org/behavioral-interventions/challenging-students/behavior-contracts>
3. <https://www.pbisworld.com/tier-2/behavior-contract/>

Legit Research References

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Dardig, J.C., & Heward, W.L. (1981). *Sign here: A contracting book for children and their parents* (2nd ed.). Bridgewater, NJ: Fournies.

DeMartini-Scully, D., Bray, M.A., & Kiehle, T.J. (2000). A packaged intervention to reduce disruptive behaviors in general education students. *Psychology in the Schools*, 37 (2). 149-156.

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Miller, D.L., & Kelley, M.L. (1994). The use of goal setting and contingency contracting for improving children's homework performance. *Journal of Applied Behavior Analysis*, 27, 73-84.

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