

Parents' Reward Chart

First, learn some cool stuff. Then, reward yourself!

[illegible]

Parents' Reward Idea Board

- Dessert/ edible treats
- Netflix/ TV/ movies
- Read a book (for fun)
- Delegate your least favorite chore(s)
- Find child care for an extra date night
- Alone time. Ask your partner for regular alone time.
- Make time for your own appointments for dr checkups (for you), hair cut, nails, whatever.
- Do a kid swap with a friend or neighbor- take turns watching all the kids so each of you gets a little time off.
- Money/ shopping
- Find a HOBBY and make time for it
- Ask for help. This is a reward- you've earned some extra help with your least favorite things or just with childcare to make all these things more possible.
- Outing with grown up friends
- Exercise
- Try something new
- Fun family outings- museum, play place, amusement park, picnics, hiking, you name it!
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Use this list to help get your
own personal ideas
flowing! Reward yourself!!