

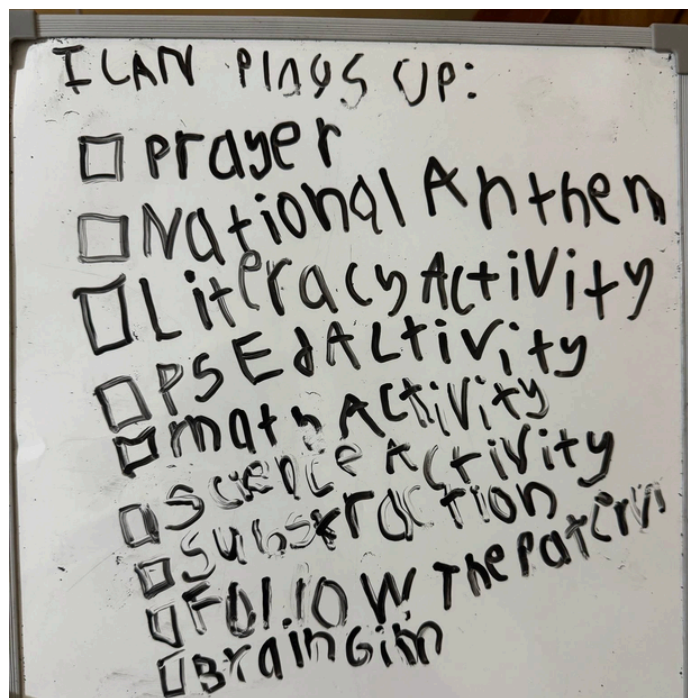
Token Economy Made Simple for Parents

The Token Economy is a tool to motivate kids by letting them earn tokens (stickers, stars, or checkmarks) for good behavior or finishing tasks. Later, they can trade tokens for rewards they enjoy.

This system works best when paired with a visual checklist your child can check off themselves. It gives them a sense of control and achievement.

1. Choose 2–3 Behaviors or Tasks

- Pick simple actions you want your child to do.
- Examples:
 - Brush teeth
 - Put toys away
 - Sit at the table for 5 minutes



Our son, Irvin, writing his tasks for the token economy.

SMALL ROUTINES LEAD TO BIG PROGRESS



2. Use Tokens or Checklists

- Tokens can be stars, stickers, or points.
- Or, use a checklist (like the one in the photo).
- Let your child check the box once the task is done.
 - This empowers them to see progress and builds independence.

3. Decide on Rewards

- Tokens/checks must lead to something fun.
- Examples:
 - 5 checks = 10 minutes of tablet time
 - 3 checks = choose the bedtime story
 - 10 checks = pick a weekend activity

4. Be Clear and Consistent

- Keep rules simple:
- "When you finish brushing teeth, you get a check. When you get 5 checks, you can play outside."
- Don't bargain or change rules once set.

5. Praise and Give Immediately

- Pair tokens/checks with praise:
- "Great job finishing your puzzle! Let's mark it on your chart."
- Immediate recognition helps your child connect action + reward.

6. Let Them Exchange

- Have a set time (like bedtime) to count checks/tokens.
- Celebrate the reward!
- Never take away what they've earned—it's their accomplishment.

✓ Parent Tip

- Keep it visual and simple. Kids love seeing their progress.
- Start with small goals and build up gradually.
- Rotate rewards to keep things exciting.
- Follow the list correctly and do not betray your child's trust.

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