

REWARD IDEAS FOR EARLY ADOLESCENTS

Sometimes we want to give our children something tangible, but not materialistic. We want to let them know that we appreciate them, that we appreciate their attempts to do what we have asked...to behave. These are not intended to be used as a 'carrot on the stick' to get obedience or compliance. These are just free gifts, ways to say 'I love you' and 'I like doing things you like.'

- Going to the movies
- Riding on a bicycle
- Taking time off of chores
- Camping in the backyard
- Helping take a gift to a friend
- Making a trip alone
- Staying up late
- Playing a favorite CD
- Eating out at a place they choose
- Going to the library
- Riding in the front seat
- Going on a picnic
- Listening to themselves on a tape
- Swimming
- Getting a special food treat
- Buying something
- Staying at a friend's house
- Having friends over
- Planting a garden
- Taking a picture
- Going canoeing or fishing or skiing



- Decorating his/her own room
- Watching a special video
- Ordering pizza
- Baking something
- Taking a bike ride
- Helping cook
- Playing a special video game
- Using the telephone
- Going skating
- Going to school events with friends
- Choosing TV programs
- Going someplace alone with Mom or Dad
- Going to summer camp
- Doing things with friends
- Going to an amusement park
- Getting to sleep in late on weekends
- Computer time



(Parenting Seminar, 2002, Bonnie Kiser, M.S., Crosspointe Community Church, Ft Wayne IN)