



KEEPING TRACK OF WHAT OUR KIDS DO –



POINT CHARTS--THE KEY TO TEACHING

Before deciding what we want to teach our kids to do, we need to know what they are already capable of doing and what they don't know how to do! We also need a way to *keep track* of when they are trying to change their behaviors, when their behaviors actually do change, and times when they are not trying to make positive changes. *TRACKING FORMS* (*things like Star Charts and Point Charts*) help us to accomplish this. What do *TRACKING FORMS* do for us?

1. *TRACKING FORMS* help us *NOTICE* what our kids are really doing.

★ They help us *notice* the things going on around your family.

★ They make sure we don't *miss many of the things* our kids do.

★ **For example:** Adolescent felons “mind” 40-50% of the time, but it usually goes unnoticed because they are so extreme the rest of the time and there is no system to keep track of the times they are good!

2. *TRACKING FORMS* (Star Charts, Point Charts, etc.) *PROVIDE STRUCTURE*.

★ As we said above, they *help us notice* the things our kids do.

★ They *help us teach* our kids by giving us a tool to provide feedback like:

★ *Rewards*

★ *Discipline/Negative Consequences*

★ They help us *slow the world down* so learning can happen. This should help with the problems kids with ADD/ADHD have with *SHOOTING FROM THE HIP, PUTTING ON THE BRAKES and/or MISSING THE IMPORTANT THINGS!*

★ They keep us from getting into the habit of *“letting sleeping dogs lie”* – that is, only talking to our kids when they are in trouble!

STEPS TO USING POINT CHARTS TO HELP KIDS LEARN BY LINKING BEHAVIORS AND CONSEQUENCES



At this point, you may be thinking something like:

❓ How exactly does a Point Chart teach anyway?

This section explains how Point Charts teach and gives you the **step-by-step instructions** you will need to create your own Point Chart. Just follow the steps marked by a 💡 to understand *how* Point Charts work.

💡 *First*, a Point Chart (like the one on the previous page) is created to use with your child.

💡 *Then* a daily goal is set.

💡 *If* the daily goal is met, *then* the child *gets* daily privileges.

💡 *If* the daily goal is not met, *then* the child **does not** get daily privileges.

💡 A *very noticeable connection* is formed, and learning takes place!

★ Remember that kids who struggle with ADD/ADHD miss many chances to learn because of their struggles with *SHOOTING FROM THE HIP, PUTTING ON THE BRAKES and/or MISSING THE IMPORTANT THINGS.*

The structure and consequences of the Point Chart slows their world down enough to let learning happen. It causes the links between behaviors and consequences to be noticed. When these links are noticed, *three basic things happen:*

1. *Self-Esteem improves* as kids realize that they can change their consequences by changing their behaviors. This is very powerful and can help your kids to *keep trying even when the going gets tough.*
2. *Areas needing work* can be broken down into steps and the child can *feel good about the effort* being made, even when the outcome is not yet perfect. Kids really need to hear about the good things they do at least *5 times more often* than they hear about their mistakes! *5 TIMES MORE OFTEN!*
3. *Natural consequences occur.* Losing things like daily TV and video game privileges when the daily point goal is not met can be very effective. These things are much more powerful than words and much more effective than scolding or yelling or getting mad!