

**April is Child Abuse
Prevention Month**

Family *Virtual* Make & Take

Caught Being Good Jar

Used For: Helps with behavior management of kids and helps parents pay attention to positive behaviors

Supplies Needed:

- 1 Solo cup or a Jar
- 1 Label or decorations for the cup
- At least 10 or more craft sticks
- Markers or Pens

Detailed Description:

Parents and Kids should collaborate on rewards. Rewards should be easy, doable and cost nothing or little. Write a reward each one on a stick. If you have kids of varying ages you can color code the sticks and rewards to match their age. Add the label to the cup and decorate it. Put all of the sticks in the cup and catch your kids being good.

When a child does something good, the parent should praise them and reward them by picking a stick. Whatever is written on the stick the child receives. Remember that their rewards might not be able to happen right away. The reward should be put somewhere safe where it will be seen and can be completed at the next earliest time. Samples rewards are attached.

* For more information contact us at info@dakotacac.org or visit our website at www.dakotacac.org



NDSU

EXTENSION



**Bismarck Veterans Memorial
Public Library**



**Burleigh County
Social Services**



**Prevent Child Abuse
North Dakota**



**Dakota Children's
ADVOCACY CENTER**



**Lutheran
Social
Services
of North Dakota**



becep

**NORTH
Dakota**
Be Legendary.™

Human Services

PEACE BEGINS WITHIN.



MINDFUL YOU - MINDFUL ME

You Were Caught
Being Good!

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surprise, Pick a stick to reveal your prize!

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Caught Being Good Ideas

Stay up ½ hour late		Go See a Movie		Extra 1 hour of TV
Get ice cream		Choose supper		Go to the zoo
Play soccer		No chore for the day		Do Yoga together
Take a family drive		Play a family game		Extra hour of video games
Play Outside		Go to the park		Stay up extra 15 minutes
Kids choice		Spend time with mom		Have a friend over
Pick where we go eat		Read a story with dad		Go for a family walk
Read a story with mom		Spend time with dad		Extra Story Tonight

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