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# CHOICE OR CHORE PLAN

Rules:
1. Set up your own household rules (no more than 3). These can be stated in the positive or negative, depending on which is better for your child. For example: No hurting, No destroying or Nice Touching People and Things
2. As long as your child is following the rules, he or she is *eligible* to receive choices. Every 15 minutes or so, a fun choice should be offered, such as a game, computer, attention from a family member, toys, etc.
3. Remind the child that he/she is getting a fun activity because he/she is following the rules. You can pose it as a question: are you following our family rules? Yes! Let's play hide and seek!
4. If your child breaks a rule: impose the CHORE procedure.

## CHORE PROCEDURE:
1. When your child breaks a rule, choices are over and chores begin.
2. Set up a chore or several chores that are not preferred. Depending on the age of the child, the chores should consist of at least 15 minutes to 1 hour of labor. The parent will supervise and implement hand over hand guidance as needed. Examples of chores include, wiping surfaces (tables, chairs, sinks, countertops, mirrors, windows, etc.), cleaning the bathroom (tub, toilet, floor, sink), sweeping and mopping, scrubbing baseboards, raking leaves, washing pots and pans, loading and emptying the dishwasher, making beds, doing laundry, taking out garbage, etc.
3. Your child should feel tired as a result of doing chores.
4. Compliment the effect of the chore so your child experiences a positive outcome of hard work. "Wow! This room looks so clean!" or "The countertops are so shiny!"
5. Your child may go back to choices at your discretion. Usually, following at least three directions and demonstrating rule-following for about an hour (depending on age) may result in "back to choices".