

UNDERSTANDING REWARDS:

The definition of a reward is:

Giving a child something only if they do what is asked of them. Giving something to a child because we are proud of something they did.

- **Rewards and punishments are two sides of the same coin.** For example, a child is told that if they clean their room, we will give them screen time. When the child refuses to clean their room, screen time is removed & not given to them. Therefore, the reward has now become the punishment.
- Do we want our kids to do things because they understand why we do them, are intrinsically motivated to do the things - or **only to receive something**? Once a child no longer gets the reward, will they still do what is asked? Will they have learnt the values behind the actions? At one point, as kids get older, they no longer care for rewards.
- When we reward a child because they did something that pleased us, they learn that **others must provide them with something in return when they do something that pleases them.** This can impact their adulthood belief system too. For example, I came to help you unpack; why aren't you gifting me a gift?

UNDERSTANDING REWARDS:

- We never know what we are rewarding. Are we **rewarding our children by doing things for others while self-betraying?**
- We teach our children to do only things when there's **something that will be returned to them**, and the act of kindness is not enough.
- We make our children feel they need to do **things to be worthy of receiving items** from us.