## WHEN A CHILD HAS BEHAVIOUR CHARTS/REWARD SYSTEM AT PRESCHOOL/SCHOOL:

We might see the effects of this on them when they come home and tell us things like:

- "I got a sticker today; I'm a good girl!"
- "I'm so sad I didn't get a sticker today; I'm not good today."

We can share our values with our child & then ask our child if they want to participate in the reward system. Sometimes it can be tricky because then our child feels left out.

We need to share our values with our children & also maybe do something about it daily the same way their teacher is doing the reward system daily. We can do this regardless if our child participates in the reward system or not:

Share our value: "I want you to know that nothing you do or don't do changes your inner goodness. Sometimes, you have a hard time with something, that doesn't make you bad- it makes you human!"

COURSE 15: HELPING OUR CHILD NAVIGATE THE MAINSTREAM EDUCATIONAL SYSTEM

## WHEN A CHILD HAS BEHAVIOUR CHARTS/REWARD SYSTEM AT PRESCHOOL/SCHOOL:

Explain how school differs: "Your teacher sees things differently, and it's not how we view you. It's okay for your teacher & our home to be different. And I want to be clear about our values & how I feel about you."

Because they are in their foundational years, we also want to do something about this. We can give them a daily sticker and tell them, **"this is for you because I love you; you don't need to do anything to get this."**
When it comes to our older children, we can also gift them something & mention that we are giving it to them because we love them & not because they need to do anything for it.

**When it comes to children in elementary & high school, we can continuously share our values. They are old enough to internalize our values & understand that it differs in school. They can also opt-out while not feeling as left out as a younger child who doesn't participate in classroom systems.**