

How to Set Up a Reward System



Parent Guides

Why this helps

Kids with ADHD tend to respond better to quick, visible feed back than to reminders or long-term consequences. A reward system makes good choices pay off right away, which builds the habit faster.

Steps to set it up

1. Pick 1-3 behaviors.

Keep it small and specific -- "listens the first time," not "be good."

2. Choose away to track it.

A sticker chart, points, or a punch card all work. Pick whatever's easiest to keep up.

3. Decide on rewards together.

Let your child help choose. They'll be more motivated to earn something they picked.

4. Reward it right away.

The sooner after the behavior, the more clearly it connects in your child's mind.

5. Check in and adjust.

Review progress every few days. If it's not working, change the target or the reward, not the whole system.

A few things to avoid

- Too many behaviors at once -- start small so success is realistic.
- Rewards that take too long to earn -- little and often beats big and rare.
- Taking rewards away as punishment -- it breaks the trust the system depends on.