

# FAMILY-FRIENDLY BEHAVIOR REWARD GUIDE



Updated July 2026

## **READY, SET, REWARD! A FUN GUIDE TO ENCOURAGING BEHAVIOR**

Preschoolers are learning big feelings and new skills every day, and positive reinforcement is one of the most effective ways to support that growth. This guide offers simple, practical tools to celebrate good choices and encourage behaviors you want to see more of at home.

## **ONCE YOU DECIDE TO IMPLEMENT A POSITIVE BEHAVIOR...**

### **SURPRISE A DAY!**

- Mystery Motivator: put a mystery reward in an envelope at the start of the day; kids can earn it if they meet the behavior goals.

### **STICKER CHARTS**

- Small reward - 5 stickers
  - Small treat, choose a meal, pick a movie, stay up 15 min later
- Medium reward - 15 stickers
  - Small toy or book, trip to dollar store, pick a family game to play
- Big reward - 30 stickers
  - Special outing, bigger toy, day trip activity
- Ready-made reward charts
  - [Reward charts on Amazon](#)
  - [Fun sticker packs](#)
  - [Free printables on Pinterest](#)

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## SMALL TOYS & PRIZES

- Fidget toys
  - Pop-its, stress balls, squishy toys. These double as a reward and a calming tool during tough moments or when feeling big emotions
    - [Fidget toys on Amazon](#)
- Mini toys
  - Small cars, dinosaurs, bouncy balls, mini puzzles, slime. Bulk packs keep the treasure box stocked for months
    - [Bulk prize toys](#)
- Mini art supplies
  - Mini notebooks, foam stickers, stamps, washable markers, glow-in-the-dark stars or stickers, bath bombs. Use rewards like these to encourage creativity
    - [Mini art supplies](#)

## TREATS & FOOD REWARDS

- Small treat ideas
  - Fruit snacks, a piece of candy, gummies, a popsicle, a special snack they don't get every day
    - [Variety treat packs](#)
- Food and quality time as a fun incentive
  - Ice cream trip, choosing a restaurant, going on a park picnic, helping bake something special together. Makes the reward feel like quality time.

## FREE & EVERYDAY REWARDS

- Special privileges
  - Stay up 15 minutes later, pick a movie, choose dinner, earn extra screen time, choose an extra book at the library, skip a chore, invite a friend over, invite a friend on an outing
- One-on-one activities
  - A special “date” with parent or family member, play their favorite game together, a trip to the park, bike or scooter ride
- “First...then” boards

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- Show your child: “First we listen at dinner, then we get dessert.”  
Visual cues help kids understand expectations before meltdowns happen.
  - [First-then boards](#)
  - [Free printable version](#)
- Certificates & praise notes
  - “Caught being good” notes tucked in a lunchbox or under the pillow.
    - [Free certificate templates](#)