



CHECKLIST

7 Steps to a Successful Token-System

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Using Rewards Wisely so Your Child Truly Benefits

"Children learn best when small steps are visibly rewarded." A token system (reward system) helps encourage desired behavior in a playful way and motivates your child to keep going. The key is to keep it clear, simple, and loving. With these seven steps, you can start a token system that not only works but is also enjoyable.

- ★ **Clear goal:** Decide which behavior you want to encourage (e.g., brushing teeth without reminders, starting homework on time). Begin with one clear, achievable goal so your child can quickly experience success.
- ★ **Simple symbols:** Use tokens that are easy to recognize, such as stickers, stars, or marbles. Your child should instantly connect them with progress and think: *"I did it."*
- ★ **Visible tracking:** Use a chart, poster, or jar where tokens are collected. This allows your child to proudly see their progress and watch how the reward comes closer step by step.
- ★ **Small rewards:** Choose rewards that can be given quickly (e.g., an extra bedtime story, a game together, a special drink). Small rewards keep motivation high and prevent frustration from waiting too long.
- ★ **Set clear rules:** Agree on how many tokens are needed for which reward. It helps to write down the rules and keep them visible. This avoids discussions and ensures your child always knows what they are working toward.
- ★ **Combine with praise:** Give each token together with genuine praise, such as *"Great job starting right away!"* The praise is just as valuable as the token because it shows your child: *"I see your effort."*
- ★ **Adjust & finish:** Adapt the system if your child gets bored or the goal is too easy or too difficult. End the system once the behavior has become natural, and celebrate the success together.

A token system is not a bribe but a loving support that shows your child: *"Your effort is worth it."* The important thing is to keep rewards manageable and fun. This way, your child experiences a sense of achievement and pride – an essential building block for healthy self-confidence. If you want more practical examples, templates, and tips for everyday life, you will find them in the Token System E-Book as well as many more ideas on ChildHelp.info or in the shop.

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Self-Care – The Key to greater Serenity

Self-care is a quiet, loving companion on the journey back to yourself. Because self-care is not a luxury and not selfishness. It's a necessity. Especially in everyday life with children, when everything happens at once: tantrums, exhaustion, guilt, perfectionism. All of it drains you – often silently and invisibly. This book is a gentle reminder that you are more than just a "functioning parent." That your needs matter. That taking care of yourself isn't selfish – it's brave. Strong. And healing.

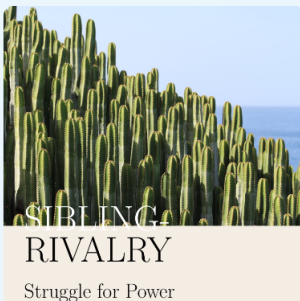
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Token-System – Reward-System

A token system is a method of positive reinforcement designed to encourage desired behavior in children. The basic idea is simple: A child receives a *symbolic reward* – a token – for a specific behavior. This token can later be exchanged for an actual reward. The system has its roots in behavioral psychology and has been successfully used for decades in schools, therapy settings, and families.

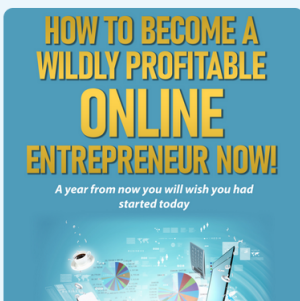
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