



CHECKLIST

7 Common Mistakes with the Token-System –
and how to avoid them

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So that rewards truly motivate and don't cause frustration

"A good token system is simple, clear, and fun – for both parents and children." Some parents are enthusiastic about the concept, but in practice small mistakes can easily creep in. The result: the system loses its effectiveness or even creates frustration. To make sure your child really benefits, it's worth knowing the typical pitfalls – and avoiding them from the very beginning.

- ★ **Too many rules:** Trying to train ten behaviors at once overwhelms your child. Start with one clear, easy-to-understand goal, and quick successes will follow.
- ★ **Unclear rewards:** If the reward is vague or unattractive, your child will lose interest. Choose small, immediately accessible rewards that bring joy and are within reach.
- ★ **Inconsistent use:** Sometimes tokens are given, sometimes not – this confuses your child. Be consistent and reliable so your child knows their effort is truly recognized.
- ★ **Waiting too long:** If your child has to work for weeks toward a reward, motivation will drop. Instead, build in small steps that make progress visible on a regular basis.
- ★ **Relying only on tokens:** A token system does not replace genuine praise. Combine every token with positive feedback so your child feels: *"My effort matters."*
- ★ **Rewards lose impact:** If the same reward is used too often, it becomes boring. Keep it varied and involve your child in choosing new ideas.
- ★ **System runs endlessly:** A token system should not be a permanent state. End it once the desired behavior has become a habit, and celebrate the success together.

By avoiding these common mistakes, the token system becomes a valuable support: your child experiences self-efficacy, pride, and joy in their own progress. The system stays clear, motivating, and fair, exactly as it is intended: a loving help, not a means of pressure.

And when used thoughtfully, it paves the way for intrinsic motivation, so your child continues the positive behavior even without tokens.

For many more tips, templates, and practical examples you can put to use right away, visit **ChildHelp.info** or check out the Token-System E-Book.

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Self-Care – The Key to greater Serenity

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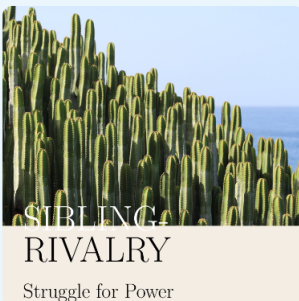
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Token-System – Reward-System

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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