



Weekly Point Sheet

(912) 673-1801 Office
(912) 674-3346 On Call

Child Name: _____

Week Ending: _____

House Points	Saturday	Sunday	Monday	Tues	Wed	Thus	Fri	Total
Accepts Authority								
Complete Assigned Chores								
Takes a Bath, Brush Teeth & Hair								
Read 30 Minutes Each Day								
Honesty in All Things								
Completes Chores								
Respect for Property								
Follows the House Schedule								
Totals								

Rating System:

Rate Behaviors as follows:

0 = no effort, 1 = effort but needs work, 2 = acceptable,

3 = excellent. Total home points each day for weekly total, and post points each evening after bedtime.

Hang behavior chart in the house where visible and accessible to all. Total of today's points earns choice of tomorrow's activity based upon the attached list of activities.

Bring Point Sheet for Previous Week to Therapy Sessions Each Week!

Chore System

Summer Schedule

Monday - Collect the trash
Tuesday - Pick up playroom
Wednesday - Pick up living room, includes kid TV area
Thursday – Work on letters, sight words, study time
Friday – Pick up boy’s bathroom
Saturday – Feed/water the cat, pick up around area
Sunday - Pick up bedroom

School Schedule

Monday - Collect the trash - Homework
Tuesday – Homework
Wednesday - Homework
Thursday - Homework
Friday - Homework
Saturday – Pick up playroom
Sunday – Pick up bedroom

Rewards (weekend)

Gold – Get a small prize, Chickfila and play, park, dinner at favorite restaurant

Silver – Choose a snack from the store, bedtime extension

Bronze – Pick a family movie

Rewards (daily)

Gold –Game time with dad, Extended Game or TV time 2hr

Silver – game time 1hr

Bronze – TV time 1hr

Points Needed Per Level:

Daily: Total Possible = 24

Gold	21
Silver	18
Bronze	15

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Weekly: Total Possible = 168

Gold 150

Silver 130

Bronze 110

Below 120 - Restriction

Behavior Modification the LightHorse Way

Basic Principles

- The parent's role is one of 'gate keeper' and coach not God, it takes away the power and control battles away.
- Each house needs:
 - Written House Schedule for the Week & Weekend
 - House Schedule needs to include:
 - Time to get up, go to bed
 - Time to complete chores including personal hygiene and home work
 - Meal times and family interaction times not 'reward' related
 - Free time/play times/weekend 'major' reward activity time
 - Written set of house rules, family values, code of conduct – work with parents to codify their values that they want the children to learn develop. Help them practice what they preach.
 - Written list of consequences – when you do something to get into trouble, you need to do something to get out of trouble.
 - Written list of privileges – so kids can know what to expect.
 - Visible Family Calendar – lists major things coming up, holiday's scheduled, doctor's visits, therapy appointments, reward opportunities.
- The development of self-regulation and self-soothing must be achieved or no behavior modification plan is going to work – the ability to use 'time out' is critical regardless of the age of the child or parent (parent time outs are needed too!).
- Punishment does not work; if improved behavior is achieved with punishment "anger underground" is achieved and will be back to bite you later.
- Identify and limit specific behaviors that will result in 'automatic restriction' – develop a plan for what happens when one of those behaviors occurs and specifically what has to happen to get off 'restriction' and back to earning points and privileges.
- Rapport, Relationship breeds Respect – often parents have to be taught how to develop rapport with their children based upon the child's **DEVELOPMENTAL** not chronological age.
- Assess a child's **developmental age** and design schedule, privileges, consequences, time outs, limits, rewards and activities appropriate to the functional developmental age – not the

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chronological age. We 'over-face' children and adults when we set them up to function based on chronological age when they have not matured beyond an earlier stage of development.

- Implementation requires a "research" and "testing" period before it goes live. Always work with parents and children to design the system while they keep parenting as they do normally. Parents should 'rate' the kids and provide feedback in session for a week or two to make sure parent and child are in agreement on rating scores. This process is a HUGE part of getting buy in from both, don't skip the "field test".

How to Calculate Points

- It is often necessary to customize the point sheet and measured items. There is a simple formula for determining how many points are needed for what privileges. Follow these steps to rate privileges and assign point values.
 - List daily, weekly and monthly privileges then 'grade' them according to the "cool" factor as far as the kid is concerned – A, B or C (no D's or F's or it isn't a privilege)
 - Calculate maximum total points based on factor's measured and assess the 'grade' level of the performance 90% = A, 80% = B, 70% = C.
 - Any behavior less than 70% of total points deserves restriction and should not have any privileges until a better score is earned. Consistent >70% requires intervention.