



Behavior Contract

Many children with ADHD can have trouble controlling impulsive behavior, causing problems at both school and home. A Behavior Contract serves several purposes:

- It is another way for you and your child to have an ongoing discussion about his or her behavior
- It allows you and your child to come to an agreement on what his or her behavior goals should be
- It holds your child accountable for his or her actions and clearly defines the consequences

WHO SHOULD USE A BEHAVIOR CONTRACT?

Parents should use this Behavior Contract as a short-term tool to target a specific problem behavior and agree upon behavior goals. It should be signed by you, your child, and your child's teacher (if appropriate).

HOW SHOULD IT BE USED?

Sit down with your child and discuss his or her behavior goals. Both you and your child should agree upon a concrete plan to address a specific behavior that your child has been having trouble with. Avoid being general; be specific when defining your behavioral expectations.

For example: "I will work toward achieving my behavior goal of raising my hand in class, instead of blurting out the answer. I will wait patiently for my turn and will only speak when my teacher calls on me."

Then, agree upon a specific reward if your child meets his or her behavior goal:

For example: "If I go for one week straight without interrupting class, I will earn a trip to the zoo."

Be sure to agree upon a consequence if your child does NOT meet his or her behavior goal.

For example: "If I get in trouble for interrupting the class this week, I will lose my television privileges on Friday."

Re-visit the contract weekly with your child to discuss his or her progress toward meeting the goals. Make adjustments to the Behavior Contract if the goals prove to be too challenging or too easy for your child to meet.

Behavior Contract

Date: _____

I, _____, agree that I will work toward these behavior goals:

I understand that the rewards for meeting my behavior goals will be:

I also understand what will happen if I do not meet my behavior goals:

My Name: _____

Parent: _____

Teacher: _____