

ECOPLAY CHOICES AND CONSEQUENCES CONTRACT

Name: _____ Date: _____

Proposed Reward(s): _____

DUE DATE	CHOICE	CONSEQUENCE	TOTAL POINT VALUE	POINTS EARNED

Parent Signature _____ Date _____

Child Signature _____ Date _____

INSTRUCTIONS FOR ECOPLAY CHOICES AND CONSEQUENCES CONTRACT

To use the Ecoplay Choices and Consequences Contract, first schedule an “appointment” with your child to sit down together and communicate about choices and consequences. The goal of this meeting is to return some control to your child, and therefore some responsibility, over choices. The *Ecoplay Choices and Consequences Contract* links choices to consequences. Your child is responsible for the choice, and you are responsible for administering the consequences.

Note that administering the consequences means that you are also responsible for delivering on positive consequences and not just punishments. Remember the 80/20 Rule: Consequences should be 80% reward and 20% punishment.

When both you and your child understand what consequences are linked to which choices, you will both be able to more consistently make positive choices, earning positive consequences.

To complete the contract with your child, begin by explaining that all behaviors are choices. We choose to respond to events in our lives by behaving in certain ways. These choices are linked to consequences. By choosing whether or not to behave in a certain way, we choose a consequence linked to our behavior.

To Complete the Contract

First, think of a behavior you would like your child to engage in, or stop engaging in; for example, cleaning their room. Write that behavior in the Choice column on the contract. Next, ask your child what might be an appropriate reward for the chosen behavior. If you agree with the child’s proposed reward/consequence, then write it in the column marked Consequence. If you don’t agree with the child’s proposed consequence, offer one of your own. Continue negotiating back and forth until you come up with a consequence that is acceptable to both of you. Rewards don’t necessarily mean that you have to buy something for your child for good behavior (see *Points to Remember* below).

Once you’ve both agreed on the behavior (or choice...your child *chooses* whether or not to engage in the behavior), and you’ve both agreed on an appropriate positive consequence for the positive behavior, next communicate with each other about when you would like to see this choice accomplished. For example, if you’d like to see your child’s bedroom cleaned by the end of the week, write that date under the *Due Date* column on the *Ecoplay Choices and Consequences Contract*.

If your child chooses to engage in the desired behavior by the due date, then your child has earned the positive consequence. If not, then the positive consequence is not earned.

There are two optional columns on the *Ecoplay Choices and Consequences Contract* labeled *Total Point Value* and *Points Earned*. These columns may be used when your child partially completes a behavior but doesn’t fulfill the task. For example, suppose one of the choices on your child’s chart is “clean my room.” Suppose the due date has arrived and your child has cleaned most of the room but hasn’t put away their clothes. Did the child earn the positive consequence? On one hand, your child made an effort, but on the other hand, the task wasn’t completed. What should be the outcome?

The *Total Point Value* and *Points Earned* columns can help in this situation. You and your child could, for example, assign a total point value of ten to completely cleaning the room. That way, if your child did everything but put away the clothes, you might award 8 or 9 out of 10 points. That way there may be some partial reward for partially completing the job.

You can also use total points earned over weeks and months for bigger rewards. Suppose your child wants to go out for pizza as a reward. You can set the point threshold at 100 points for a pizza night, and then when your child has earned 100 points, you can both go out for pizza. That way, the “due date” is up to your child. When enough points are accumulated, the reward, or consequence, has been earned.

The line at the top of the contract labeled *Proposed Reward(s)* is for use for bigger events like pizza nights, trips to amusement parks, camping trips, etc. You can get as creative as you like with the point system. You can make it simple or elaborate. The choice is up to you and your child.

When the contract is completed to your satisfaction and to your child’s, both parents and your child sign it at the bottom. This is a reminder that this is a binding contract on all parties involved. The contract helps everyone remain consistent in their choices and consequences.