



Neuro Emotional Literacy Program

Helpful Discipline for your child/teen while they are at home during the pandemic (or otherwise):

If you feel your child/teen needs a consequence for poor behavior, choose a privilege that s/he values (for example, playing video games, watching Youtube or movies, accessing wifi*, using her/his phone, playing Lego, etc.). Remove this privilege. To regain this privilege, negotiate how many points s/he has to earn and what chores s/he will do. Make the chores fit the age. Here are some examples of chores, but feel free to add your own and to change the values:

- Load or unload the dishwasher – 10 points
- Pick up toys – 10 points
- Help with laundry (sort, fold, put away) – 20 points
- Vacuum the kitchen floor – 20 points
- Share a toy – 10 points
- Clean the toilet – 20 points
- Clean the bathroom sink – 10 points
- Scrub the bathroom tub – 10 points
- Write a nice letter (thank you or appreciation) to someone in the family or a teacher – 10 points
- Do something nice for a family member or neighbour – 20 points
- Help prepare and cook dinner – 30 points
- Clear and wash off the dinner table – 20 points
- Take out the trash – 10 points
- Tidy/organize a drawer – 10 points per drawer
- Organize the shoes in the entryway – 10 points
- Wash the family car – 20 points
- Help with a younger brother/sister – 10
- Set the table – 10 points
- Clean his/her room– 30 points
- Put away groceries – 10 points
- Walk the dog or other pet related chore – 20 points

When the chore/s is/are completed, compliment her/him for doing the job. Helpful Discipline is better than punishing discipline: your child/teen will feel better after completing the chore/s, because doing something positive releases dopamine, a natural “feel good” neurotransmitter.

*** If the consequence for poor behavior is *not being able to use wifi*, you must change your wifi password and only let your child/teen know the new password when s/he has done the chore/s you and your child/teen have agreed upon.**