



## Try CIA on Your Kids

Often we focus on our kids' faults. Instead try accentuating the positive! Print out CIA cards so your kids can be Caught in the Act of good behavior.

### Caught in the Act – CIA

These cards make it much easier to focus on the positive and reinforce your kids' good behavior. At WINGS we are mindful of the research showing that positive reinforcement is a powerful tool for changing behavior. Try incorporating this strategy with your family for a month or two – the results may surprise you.

Here's how it work.

- Print out some CIA cards (page 2 of this PDF.)
- When you “catch” your kids displaying positive behavior, reward them with a card. The card should describe in specifics why it is has been given. Write your description in feedback form - describe the situation, describe the behavior, describe the effect.

#### **For example:**

*“Today while I was at work, you emptied all of the garbage cans without being asked. This saves me from having to nag you about it and it makes me feel like you are really starting to become a responsible kid!”*

*“Yesterday when your younger brother was crying and you sat him down to find out what was wrong, it made him feel like you cared about him. I am so happy to see you supporting him.”*

- Award the card.
- The kids hold onto the cards and turn them in for a reward determined by you. Maybe they can trade several cards for a toy of their choice, or an iTunes download or for the right to skip a dreaded chore. Get creative with the rewards! Have some fun with this.
- Remember to use the cards to promote positive habits. Kids who feel appreciated and recognized, feel good about themselves. And they repeat the behavior!

You Have Been Caught in the Act!

Given to:

Given by:

Reason:

Date:

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