

A Tool For Your Parenting Toolbox

Chain of Helpfulness

It is important to focus on what we DO want instead of what we DON'T want in terms of our children's behavior.

This tool is entitled Chain of Helpfulness but it could be Chain of Kindness or Chain of Following Directions. What do YOU want to see more of? Make this Chain of _____ and see what happens!

This is a great activity to create focus on what you want to see more of in your home. Seeing the chain grow is great fun for children and a visual reminder to all of you that they CAN do it. Make a big deal about reading all of the links together and watch your child shine!

- Make lots of strips of paper that you can use to link together to make a chain.
- Put all the strips in a bowl or basket someplace where your child(ren) can see them.
- Build the anticipation by waiting a day or two to talk about the chain!
- Find a time when you can sit down with your child and talk about “chain-worthy” behavior. Decide how long you will do the chain (one weekend, a week, a month, depending on your child and your needs).
- When your child(ren) does something positive you would like to recognize write down their behavior on a link. Connect it to another link.
- Repeat, repeat, repeat. Encourage other family members or friends to add to the chain if they see your child(ren) doing something that deserves a link.
- At the end of the designated time sit down with your child(ren) and read through each link. Save all links in a special place that you can revisit as needed.