

Reward sticker chart ¹⁰



Name _____

Start date _____

Target behavior (e.g., brush for 2 minutes) _____

Reward when it's full _____

1	2	3	4	5
6	7	8	9	

How to use it well ① Only 1–2 target behaviors, stated positively, like “Brush for 2 minutes” ② Add a sticker right after the behavior ③ Choose the reward together with your child ④ Never peel off stickers already earned, even after misbehavior ⑤ Phase it out gradually once it's a habit

Sources: US Centers for Disease Control and Prevention (CDC) · American Academy of Pediatrics (AAP)