

Reward sticker chart 30



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	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	

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)