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For More Information Please Visit our website:

www.kudosforkids.com

Suggestions for Phasing into the Program

(Catch 'em Being Good!)

PHASE 1 First week or two

Introduce the program in a positive way: Explain to the kids that this new program requires that kids learn to handle money and manage their own time and resources. Mom or Dad says, "You know all this work you do around here? Well we are going to start paying you so that you learn what it is like to have and manage your own money and buy your own clothes and other things that you personally would like to have." P 2

Punch out all the cards: Put rubber bands around each category. Examine all the cards and money (Kudo Kash). Explain the board and where they put the money they earn. (Boxes) P 11

Introduce the 'My Stuff' cards, how to put them on the ring and lanyard. P 11

Daily Jobs: They will be given a daily job (one or more) that lasts for that day only. P 11

Weekly Jobs: Then explain that they will also be given a weekly job that they will have for one week, such as washing dinner dishes each night. Remember kids will usually want many jobs because the more jobs they have the more money they make. Parents can bid out the work giving the jobs to the child willing to do it for the best price. P 11

Privileges Card: Fill out the privileges card which will list the activities they can enjoy as soon as their work is completed each day. On that list might be: going out and playing with friends, watching TV, use of computer, playing with the animals, use of the car, etc. When they finish each day they get a predetermined amount of Kudo Kash. Explain the Speedy Card and Double Dollar Day, etc. P 14

At the end of the week introduce the budget box and explain how it works. P 17

PHASE 2 Second or third week

Kudo King of the day: Explain and start playing the Kudo King game. P 9

Flashing Light: Explain and start using the flashing light for extra jobs for extra money. \$5.00 fine (Kudo Kash) if a kid ever touches the flashing light. Must be strictly enforced. P 16

PHASE 3 Third or fourth week

Heart to Heart Game: Explain the Heart to Heart games: a new and fun way to earn more money. Use this game in conjunction with the flashing light and the Mail Box for sending messages of love and support. Introduce and explain the **Janitor** and **Maid Service** cards. P 3 and P 14

PHASE 4 Fourth or fifth week

Medal of Honor Game: Explain and start the **Medal of Honor** system and the **Target Behavior** card. Then introduce and explain the **Warning** and **Stop P 15** cards; finally the **Time Out P 13** and **Lock Up** cards. P 9

Introduction of the Game

The **Kudos For Kids!** program is an exciting application of the correct parenting principles taught by Dr. James J. Jones, and the American Parenting Institute. It focuses on several areas of child development. The **Kudos For Kids!** program was developed to improve parent/child relationships by helping parents develop master parenting skills. Psychologists recognize the program as essential for proper child development (skills and values) as well as a powerful child behavioral management system.

What are Kudos? Kudos are **compliments, recognition and praise** for jobs well done. "*Kudos, Johnny! Great job!*" Kudos are **accolades, rewards** and favorable comments about a person's efforts, achievements and performances. They are justified praise and honors for great effort and a job well done.

The **Kudos For Kids!** system is played like a game and has been created to accomplish many wonderful things in your family. A college degree in parenting or child development is not necessary to raise healthy children. Why? Because when you start playing the **Kudos For Kids!** game, without even realizing it, you will automatically be putting into practice powerful scientific principles which will result in major changes in your own behavior and in the behavior and attitudes of your children.

When you follow the program, wonderful things will begin to happen, even when you are unaware of the underlying principles. Once you have the program well underway, you can turn to the "**Your Children Will Whistle While They Work!**" book and study the laws of human behavior that have caused the amazing results you are getting. This will help you identify the laws and principles you are using so you will be able to apply them more effectively.

This program is for every family with kids. No matter the nationality, religion, race or culture; whether rich or poor, all children need the same basic things. They need unconditional love, acceptance and protection. They need to be taught values and they need to be held accountable by their parents to a reasonable standard of behavior. They need to develop the skills to get along with others and to communicate. Children also need to learn to work and to manage their own time and resources. Ultimately, they need to become independent and prepared to become good parents themselves. **Kudos For Kids!** will teach you how to parent effectively in love and gentleness but also with confidence and firmness.

Kudos For Kids! is an ongoing program that naturally teaches parents how to reward good behavior while extinguishing undesirable behavior. Parents are trained to "catch the kids being good" and thereby become rewarders instead of constant naggers, criticizers and punishers. By reversing the role of the parent from negative to positive, the relationship between the parent and child improves immensely. The **Kudos For Kids!** program is played like a game becomes the only way kids can earn privileges and money in the home. Parents need to make sure the game is challenging and FUN, FUN, FUN!

Introduction of the Game Chart

- ◆ The **Photo** spot is where a current picture of the child is placed. This should be a large, smiley-faced picture or some action picture the child is proud of. This gives the child ownership of the chart and fosters personal pride.

- ◆ The **Heart to Heart** hook is where the **Heart to Heart game** card of the day is placed. There are **23 different games** (plus 2 **Parent Choice** cards) that are suggested in these instructions but you can invent as many more as you desire for your own family. Each game emphasizes a positive behavior and value parents may want to strengthen in the home. The card the parent displays puts each child on notice about which behavior is being especially rewarded that day. It is probably best if you have all the children play the same game on any given day but some families have played a different game for each child. The games are designed to build self-discipline and values. Make them fun and easy enough for the children to be successful, but not too easy. Remember to give praise (reinforcement) for desirable behavior; don't ignore it. When you begin a new game don't forget to continue to intermittently reward behavior they have learned from previous games. Weeks after you have played the '**I'd be happy to**' game and a child remembers to say '**I'd be happy to!**' reinforce that behavior.

- **Selecting a Heart to Heart Game**

There are 23 **Heart-to-Heart** games that can be played whenever Mom or Dad feel the family needs to work on something. Parents can choose which games to play on which days depending on what behavior or attitude they feel needs to be worked on. On some days, parents may choose to let the children play several games. For example, if Mom notices the children fighting over toys as they play together, she may have them play the **Take Turns and Share** game which encourages them to play well together. Or, on a particular morning Dad might decide the family needs to work on family spirit so he would hang the **Family Spirit** game card on the **Heart-to-Heart** hook for the family to play the entire day. Mom and Dad could also have each child working on a different game on the same day. Which games are played, by whom and the particulars of how the games are played can be adapted to the needs of the family at the time. It is usually best to play only one game at a time, and the same game for everyone. When parents want to stress helping they might use the Flashing Lighthouse and put the Volunteer game under the flashing light and then call out, "*We need some help setting the table!*". Whoever is on their toes jumps up and volunteers and collects some **Kudo Kash**.

- **What is the Purpose of each Game?**

Building Values: The idea behind the **Heart-to-Heart** games is to let the children work on behaviors that develop values and to give the parents many chances to "catch them being good". Whenever a child is caught doing the good behavior, the parent gives a **Kudo Kash** award. If a child forgets to do the good behavior, he or she might be required to pay the parent in **Kudo Kash**. Depending on the game, the child's age and other pertinent factors, decide beforehand what amount of **Kudo Kash** will be paid to the winner. Each card represents a different and exciting game. A brief explanation of how each game might be played is given but the rules can be changed or modified to fit

each family's needs and interests. The games selected first should be those that will teach and strengthen those values your family needs most. Mom might announce, *"Today's game is worth 5 **Kudo Kash** dollars! Who wants to earn five dollars today? This means that I will test you or check on you five times during the day and you can win one **Kudo Kash** dollar for every time you win. I am pretty tricky, and so I warn you, you'd better be on your toes."* The games are selected and modified according to the ages of your children. The principles do not change but they must be applied in an age-appropriate way.

Introduction of the 23 games in Heart to Heart game:

- **I'd Be Happy To!** This is a delightful game that teaches the children to listen and to respond in a positive way immediately. Whenever mom or dad asks a child to do something and the child responds with a smile and a cheery face and says, **"I'd be happy to!"** and then goes immediately and does what was requested, the child is rewarded immediately with \$1.00 in Kudo Kash. If the parent catches the child (the child forgets and does not respond happily with, **"I'd be happy to!"**) then the rule might require the child to give 25 cents in Kudo Kash to the parent. Payoffs are given immediately. Use good judgment; make it very worthwhile for the child to play, but not too easy.
- **Obedience and Quick Response** Whenever a parent makes a request or gives directions to a child and the child responds and complies immediately, before the parent must repeat or tell the child a second time, the child earns one Kudo Kash dollar. This is to teach the concept of what it means to be immediately obedient. This game teaches children to respond immediately without asking why or delaying for any reason. A parent will deliberately set up scenarios throughout the day that will give the child the opportunity to be obedient immediately and be rewarded. When the child obeys quickly, he or she is rewarded immediately. If the child does not respond and fails to earn the reward the parent might explain that the situation was a test and that although he or she forgot to respond immediately there will probably be another chance later on in the day to pass the test and get a reward. This is a great game to instill in the mind of a child exactly what it is to be immediately obedient. You might promise to give them five chances to earn five **Kudo** dollars that day by demonstrating they understand what it means to be immediately obedient. The parent should explain that immediate obedience is absolutely necessary in dangerous situations such as a fire in the home when immediate obedience is absolutely necessary to save lives.
- **Hugs** This involves hugging each member of the family at least once or twice during that day and telling them that you love them. You can give 25 cents per hug or a Kudo dollar at the end of the day if they remembered to hug everyone. In some homes people just don't hug any more. Hugging is therapeutic and can be a wonderful way to express our love for each other. Don't forget to hug your kids and each other often. **Everybody needs hugs and kids need lots of them!**
- **Take Turns and Share** This game is about being polite and courteous (sharing our things with others and giving them a turn). When the children are observed sharing and

taking turns and being courteous and respectful to each other they get rewarded. When they forget and are contentious they can be given a **Warning Card** (25 cents in **Kudo Kash**) or a **Stop Card** (one dollar in **Kudo Kash**).

- **Honey Bee Kind** In this game, a child is rewarded for being kind, patient and courteous to others. Whenever a child is observed being polite and patient with others and in general making an effort to be kind and helpful, they should be reinforced for their positive behavior and rewarded.
- **May I Be of Service?** This game is about asking if you can help a family member with something like cleaning up her bedroom or doing the dishes when it's her turn, or jumping in and voluntarily asking mom if you can help her fix dinner, etc. When this game is played, everyone is trying to be helpful to other members of the family. You can make the game even more profitable by allowing the child to be of service to two family members or even to all family members that same day. As with other **Heart-to-Heart** games, after this game is played a few times kids begin to realize that they feel good when they serve and help others and so being good and serving others soon becomes reinforcing in itself.
- **Secret Service** This game encourages the children to do helpful services for others, without recognition. At the end of the day each child can tell a parent what service he or she has secretly done for members of the family. Again, more rewards can be earned if the child is allowed to do more secret services for more people during the day. Some kids will beg for more opportunities because they need more rewards. Gradually, they learn that it feels good to help others and feeling good by doing the right thing becomes reinforcing in itself.
- **Put on a Happy Face** This game teaches kids to have a happy attitude and to be pleasant. Every time a parent catches a child showing a happy face or good attitude they can reward him/her. For very young children, who don't understand the concept of attitude, parents may want to emphasize the happy or sad yellow faces given out with the **Kudos for Tots** game. The happy face cards with the toddlers' game can be used as a reward rather than **Kudo Kash**. Smaller children can also be given some **Kudo Kash** sometimes even though they have only a limited sense of its value. They value the .25 cent **Kudo Kash** money given to the older kids simply because the older kids value it.
- **Family Spirit** Having family spirit begins with having a positive attitude toward all family members and treating everyone with respect and kindness. It also means sometimes putting what is best for the family before personal desires and activities that would draw family members apart. It helps to strengthen family bonds and unify the family. When parents see children making personal sacrifices for the sake of family interests, it needs to be recognized and rewarded. This is often a huge issue for teens and should be recognized and rewarded big time when they decide to go with the family instead of always pulling away from family activities in order to spend time with their friends and activities outside the family. Make family activities fun for your teens.

- **Honoring Boundaries** When mom sees that a child is recognizing and honoring the rights, space and property of others, she reinforces that behavior immediately with verbal recognition and some **Kudo Kash** too. Things like asking permission to play with another child's toy, using their radio, or knocking on a bedroom door before entering, not butting in when adults or others are talking, etc. are signs that a child is beginning to understand the concept of boundaries and how to honor them. During **Honoring Boundaries** game day, when the mom sees that a child is not honoring boundaries (which has probably resulted in some contention) it is another opportunity to explain boundaries and collect 25 cents in **Kudo Kash** from any offending children. Obviously this game must be explained and only played in an age-appropriate situation. The **Take Turns and Share** game is more appropriate for younger children and is prerequisite to understanding the concept of **Boundaries**.

- **Positive Strokes** This game develops skills in giving and receiving positive comments (also known as positive strokes). Learning how to strengthen and build up others so they feel confident and good about themselves is extremely important in family life. Complementing others and finding good things to say about them builds self-esteem, strengthens personal relationships and creates a wonderful atmosphere in the home. Giving a positive stroke makes both the person getting the positive stroke and the person giving it feel just great. The opposite side of this game might be that a person giving a negative stroke (a put-down, criticism or an insulting, unkind remark) might be required to donate one or two **Kudo Kash** dollars to the offended person along with an apology and a positive stroke; or give them up to five dollars if they choose not to give them an apology and a positive stroke. Getting five dollars in **Kudo Kash** almost always makes a person feel better after being put down.

- **Love Notes (mailbox)** Short notes of gratitude and appreciation left in a mailbox, on a pillow, or on a dinner plate, etc., have a very positive affect in the home. It focuses on the positive and lets people know that we love and appreciate them. Although the **Heart to Heart** mail center is an ongoing part of the **Kudos for Kids** program, the day the **Love Note** game is played, more emphasis is put on writing positive **Love Notes** to others in the family.

- **SSShhhh Soft Voices** Through this game, parents can teach the children to speak softly in the home. Speaking softly lowers the confusion and tension in the home. Children need to learn that we have indoor voices and outdoor playground voices and when to use each one. Rewards are given to the child that speaks softly and is not using an outdoor playground voice inside the home. There are also other times when an outdoor voice is not appropriate such as when we are in a hospital or a church or when dining out at a restaurant.

- **Magic Words** This game puts emphasis on such magic words as "**May I?**" "**Please.**" "**Thank you!.**" "**I'm sorry!**" and, "**Please forgive me, it was my fault!**" Whenever a parent catches a child using such polite magic words, the parent should immediately acknowledge and reward the behavior on the spot. *"Thanks John for apologizing and asking sister to forgive you. That was a huge...Let me give you a Kudo dollar. Thank you*

for trying so hard. I really appreciate you!"

- **Peacemaker** A child who refuses to argue and fight is rewarded when this game is played. This is a good game to play when kids are having a hard time getting along. Announce the game and then reward the child that demonstrates by action and word that he or she is really trying to get along and not fight and argue. There is often an aggressor in sibling confrontations and a quick **Kudo** dollar or two given to the child that is trying to avoid a conflict often has a very sobering effect on the contentious child. Later, when both children are getting along, the parent can take notice and reward them both. However, even before a problem arises, try to catch them being good and give out some **Kudo Kash** to reinforce the 'getting along nicely behavior'.
- **Table Manners** This game focuses on learning good table manners. Once good table manners have been taught, parents can reward children for actually using them! Children need to be taught to set a formal table properly and how to use which eating utensil with which dish; how to eat soup and to use a napkin properly. Many parents have become ashamed to take their kids out to a nice restaurant because the kids have no manners and eat like pigs. Parents should teach and help kids practice good table manners at home and raise kids that have some class.
- **I Love You!** This game teaches children to tell others that they love them. It is not, "I love you because..." it is just, "**I love you.**" Love is unconditional! Teaching and reinforcing this little act of kindness and love will pay great dividends later. Don't let this become a trite or a phony expression of love. Use it instead as a genuine expression of affection. A hug usually goes with this expression and even a kiss can be appropriate.
- **Volunteers** In this game, parents can tell the children that they will be given several opportunities that day to earn extra **Kudo Kash** so they need to be alert. Children are then rewarded generously when they jump up and volunteer when asked to help or better still before they are asked to help. Mother gives kids a chance to win the game and earn a **Kudo** dollar when just before dinner she calls out, "*Who will help me get dinner ready?*"
- **Good Manners Card:** Children need to learn to be courteous and respectful of others. Boys should be taught to respect their mothers and sisters. We suggest boys hold open the door for their mothers and sisters when going into a building. Opening the car door for mother when she is getting in and out shows respect. Helping mother into her seat at the dinner table is a sign of love and respect. In many circles responding to father with a 'Yes, Sir.' and to mom with a 'Yes, Maam' is still considered very appropriate and well mannered. We suggest that you try using 'Sir' and 'Maam' to show respect for parents. In our 'modern' society many of us have lost our manners and respect for each other. Our children reflect their upbringing and the values of their parents. Raise a child to respect authority. Too many are boisterous, rude and inconsiderate.
- **Happy Hearts** When we are working, doing what we should and serving others we feel good inside and have a happy heart, but when we are lazy, rude and disrespectful and selfish we do not feel good inside and are miserable. Life is just that simple, when we do

what we know in our hearts is right, we feel good, but when we do what we know in our hearts is wrong, we feel unhappy inside. Every day we have a choice to be happy or sad. So, let's decide to be happy and help others to be happy! We have choices in life, and it is just that simple. Keep an uplifting and positive attitude. Attitude determines our altitude in life.

- **No Nagging** The purpose of this game is to stop nagging in the home. Parents are usually the guilty parties but children can be naggers and whiners too. Parents should not unconsciously reward nagging by giving into it. Whoever nags, pays a predetermined amount to the person being nagged. In this game, as in the **No Criticism** game, if the nagging does not stop, the cost of nagging can be raised to two Kudo dollars, or higher if necessary until the nagging stops.
- **No Arguing** The same as the **No Nagging** and **No Criticizing** games: anyone arguing pays an arguing fee to mom of 50 cents or \$1.00 or whatever is appropriate considering the ages involved and the intensity of the disturbance and frequency of the problem.
- **No Criticism** The purpose of this game is to eliminate all criticism from the home, forever. Whenever criticism starts up this game can be played and in a fun and positive way criticism can be driven out of the home. When this game card is posted, any person who is critical of another person must pay a predetermined fee to the person they criticized. This game is usually played to stop Mom and Dad from being critical. Mom and Dad need to set the example. This should be fun for the kids, so it's OK to let the kids get the best of Mom and Dad once in a while. Mom and Dad usually pay one Kudo dollar to the person they have criticized. If the kids are playing too and are critical of someone or something, they must also pay a predetermined amount to the offended party (usually less than Mom and Dad, maybe a - 25 cents). When someone says, "That was a criticism!" Mom, Dad, or whoever was critical says something like, *"I'm sorry! That was a criticism. Here please accept this Kudo dollar as a token of my sorrow."* Then the critical person can hug the person and make several complimentary remarks to make up for their hurtful criticisms.
- **Parent's Choice Cards** These cards can be used for games the parents and children wish to create. Every family is different and has different interests, so be creative and make up games yourselves that will be fun and teach better behavior and values. Remember you can create a game around any concept or value you want your children to develop. Maybe your family needs to work on **patience**. So today you put up the patience game and anyone doing a good job showing exemplary patience when faced with frustrating situations or individuals will be given some extra **Kudo Kash**. Other possible games might focus on such values as being **reverent, compassionate or gentle**. The possibilities are only limited by your imagination. **NOTE: When you use a Parent's Choice card, please use a soft crayon or dry erase pen so that the words can be easily rubbed off and a new game title can be written in when the card is reused.**

- ◆ **The Medal of Honor** hook is where the Medal of Honor card is hung after the child earns it. To earn this high honor the child works through the trust issues of honesty, accountability, responsibility and good judgment. One side of the card indicates, “I am working on becoming trustworthy”. This side of the card is shown when the child is working on becoming trustworthy. When a child has demonstrated his ability and willingness to be trustworthy in an age appropriate manner, the card is turned over and the Medal of Honor side is shown declaring “I am Trustworthy”. Being trusted is a high honor, a very great achievement and an ongoing commitment is required to maintain trustworthy status. When a person is trustworthy many privileges and opportunities are available that is not available to those who are not trustworthy. This honor is earned and maintained through constant adherence to the highest standards of integrity and effort. Parents must explain what honesty, accountability, responsibility and good judgment are, but more importantly they must live that standard and set a worthy example for their children to follow. If the child lies or in some other way fails to be trustworthy on some significant point, the card is reversed again and the trustworthy status must be re-earned. Do not make this game so tough that a child never has a chance, but not too easy either. The average child will earn and lose this Medal of Honor many times before they really understand and become truly trustworthy. Reward efforts; but don't expect perfect performance.

- ◆ The **Kudo King** card hook is where the children accumulate all their hard-earned **Kudo King** cards for superior performances, attitudes and behaviors during the day. If they have done all their work and have been really good all day they earn this award. The kids do not compete with each other for this award. Everyone, no one, or just one or two children can earn this award; it all depends on how each individual person acts during the day. Reward cooperation, not competition. **Kudo King** cards are accumulated and saved for very special privileges that are listed on the **Kudo King Rewards** sheet.
 - **The Kudo King Game:** When a child has earned the **Kudo King** award for the day he/she gets a **Kudo King** card to save for big future rewards, plus he/she also gets to play the **Kudo King** game. Cards for older children will name opportunities that will be of special interests to them such as curfew extensions, car privileges, etc. The child picks a card from a face down fanned out set of cards held by a parent. There are typically **14** cards to select from.

 - **Kudos King of the Week** Each Payday, parents choose one area that may need improvement within the family. A certain area they wish to emphasize is decided on by the parents who then announce, 'OK, *who made the most money on **Maid Service** and **Janitor** cards this week?*' Or, '*Who has the most **Kudo King** cards this week?*' Or, '*Who didn't have to pay off any **Maid Service** or **Janitor** cards this week?*' Be creative in your selection; notice which children could use some positive strokes and try to choose an area they are doing well in. Or, the parent might just give the weekly award to the child who has tried the hardest. The kid who is the **Kudo King of the Week** has the honor of choosing from the **Kudos King** Game deck, face up!

Introduction of 14 Kudos King Game cards:

- **Free Kid Bill:** One kid bill is canceled. If no kid bills are owed, have the child pick another card.
- **Free Job:** Skip one job the next day...the daily or weekly job. When this is done parents will pay another child to do the skipped job or let it go altogether if it is not necessary to be done. Some families decide that the child can assign one of the parents to do one of their jobs the next day.
- **Vacation Card:** Take the day off if desired...sleep in, etc. When a **Vacation Card** is drawn the next day is a vacation day for that child and the parents must decide if the child gets no money on a vacation day or is still paid for the next day's work. If the rule is that the child still gets paid, then the parents must pay another child to do the work or let it go for the day. To make the card more valuable to the child we recommend that the child get paid on vacation day
- **Treasure Box:** The card entitles a free choice of anything in the Treasure Box. So put some good stuff in there like batteries and coupons for hamburgers, breakfast in bed, or a back rub from mom, etc. Go to the .99¢ store and fill the chest with goodies the kids are wild for.
- **Treat Bucket:** Choice of any one item in the treat bucket. Have their favorites in there or slips of paper with Banana split or Pizza written on them to be filled immediately or on demand.
- **Wild Card:** When this card is pulled the child can have the choice of picking any card from the entire selection of **Kudo King** game cards.
- **Kudo Kash \$2.00:** The child receives \$2.00 **Kudo Kash**. Or real money if the parent sees fit...for immediate gratification
- **Kudo Kash \$5.00:** Same as above with \$2.00.
- **Free Janitor Service:** All janitor services obligations are paid off by parents. If the child has no **Janitor Service** cards it will have no value and so the child should be allowed to make another selection from the **Kudos King** game cards.
- **Free Maid Service:** All **Maid Service** cards are paid off by parents. If the child has no **Maid Service** cards, allow another selection from the **Kudos** game cards.
- **Free Kudo King Card:** This card is earned for hard work and a good attitude and is a very valuable card when it is selected.
- **Give Back Warning Cards:** When this card is picked all **Warning** and **Stop** cards are canceled. However, if a child draws this card and it has no value to that child because that child has no warning or stop cards, the child should be allowed to make

another selection from the **Kudos** game cards.

- **Parent's Choice:** There are two parent choice cards to make the game more adaptable to each family's special needs. Whether it is getting to use the family car over the weekend or going to a special activity or having control of the TV remote, ride the horse, etc., these **Parent Choice** cards give flexibility to the game.

- ◆ **Kudo Kash** - Kids must learn how to earn, save, budget and spend money. Therefore, over \$1,000.00 in **Kudo Kash** is available in each **Kudos For Kids** program. Actually earning and handling money is essential in preparing a child for adult life. It has been said that the biggest single cause for divorce is the mismanagement of money. In America we have not been doing a very commendable job as parents preparing our children to manage their financial affairs as adults. As children mature you may need more money as they begin to save for car insurance, college, etc. Each child should soon have a personal bank account for their savings

- ◆ The **My Stuff** hook holds job cards for all the things the child is personally responsible for on a daily basis. These **29** cards have a special red border so they can be used by children who don't read yet. They are normally attached by a ring to a lanyard or neck strap, which hangs around the child's neck. As the job on each card is completed, the card is flipped to the back of the stack. When all the jobs are done (including Daily and Weekly Jobs), the cards are brought to a parent to check. A quality check might be necessary at first (until the child is well trained) to see if the jobs are indeed done and up to standard. The job cards hanging around a child's neck are a great reminder to stay on task. A **Speedy Card** is awarded for finishing on time and is one of the requirements (along with superior efforts and behavior) that qualify the child to earn Kudo King status and to play the Kudo King game at the end of the day.

- ◆ The hook for **Daily Jobs** is for jobs assigned to that child that will vary from day to day but that must be completed that day. There are about 60 job cards for just about any job you can think of. There are also two **Parent Choice** cards to add any job we might have missed...such as, Feed the Alligators or Wash the Boat. These jobs are selected by the parents according to what needs to be done around the house but that usually do not need to be done every day such as mop the kitchen floor or clean the bathroom. Completing the **Daily Job** is a requirement for being **Kudo King** of the **Day**. Each day, the child should refer to the **Daily Jobs** hook to see which job/s the parent has selected to do that day.

- ◆ The hook for **Weekly Jobs** is for jobs assigned to that child that will last for one week. Some of these jobs must be completed each day for the home to run smoothly, such as doing the dishes or preparing meals. Other jobs such as cutting the lawn and doing laundry are examples of a weekly job that might need to be done only once during the week. These jobs will probably be rotated between the children each week. The child should check the Daily and Weekly Job area of the chart each day to see what is required. These daily and weekly jobs are often given to the lowest bidder. Kids need money for all their activities, etc., so mom might bid out the dishes, "Who'll do evening dishes for \$3.00 a night?" Three kids raise their hands.

"OK! 2.50?" Two kids raise their hands. \$2.00" One kid raises his hand. "Fine, Tommy will do the evening dishes every night for one week for \$2.00 a night. Now we will bid out vacuuming the front room each day. We will start with \$2.00!"

- ◆ The **Target Behavior** hook is used to focus on certain desirable or undesirable behaviors the parent and child wish to work on. First, the parent and child mutually define the behavior they want to develop or eliminate. For instance a child might decide as a target behavior to stop biting her fingernails: *"After I have stopped biting my nails for seven consecutive days I can have three friends over for a pizza and ice cream sundae party."* A predetermined reward is given when the goal is reached. During the process, when a parent recognizes real effort on the part of the child, Kudos Kash or some other rewards might be given as immediate reinforcers so that the child does not become discouraged.
- ◆ The Heart to Heart **Mail Box** is the personal mail center for the child. Family members can place special notes they have written expressing love and appreciation for each other in this box. It is not a complaint box but it is meant to be a system that is constantly uplifting and encouraging to the child. These communications from other family members should always express positive opinions and gratitude for that person being a member of the family. The mailbox can also be used for phone messages and regular mail that arrives at the home, as well as for special awards such as a stick of gum attached to a thank you note for some thoughtful act.

Introduction of the Special Cards

- ◆ **Double Dollar Day and Double Double Dollar Day** -- These cards can be used for special incentives on days such as Saturdays. For instance, on a normal school day, earnings for cleaning up a bedroom may be \$1.00. However, on Saturday it takes extra work to clean the bedroom; the sheets must be changed, the carpet vacuumed, etc. so Saturday becomes a **double dollar day** (\$2.00). Or, a parent might say that Saturday will be a **double double dollar day** if all the work is done by 9:00am (\$4.00). So, your kids might earn \$10.00 or \$20.00 on Saturday, but your house will be totally clean by 9:00 am and the laundry done, etc. Remember they are earning money to buy their own clothes.
- ◆ **Time-Out Card** This card is placed on the **Trust Hook** and used when a child needs to be sent to his/her room for **Time-Out** to think about something or to cool off for awhile. Time-out is a boundary issue. Boundaries are sacred to each person and when a child is misbehaving or bothering a parent, whining, arguing, etc. they have lost the privilege of being in the presence of other people. Others should not be required to put up with people who are unpleasant or abusive. So, until a child can regain control again, he/she can cool off and think about it in **Time-Out** for as long as it takes. The child is then let out on probation, but put back in **Time-Out** immediately if they whine or become unpleasant again. How long should **Time-Out** be? Usually, for some kids, for the first offense, 15-20 minutes might work. But if the behavior does not change it is necessary to use longer periods of time until the child comes to believe that others will not tolerate misbehaving or having their lives made miserable. Bad behavior should never be enabled through tolerating it. Tolerating a misbehaving child sends the message to the child that he/she has the right to punish others to get what they want by whining or fighting, etc.
- ◆ **Lock-Up Card** Playing the “Kudos for Kids!” game is a privilege, not a right. Parents make playing the game the easiest and best way for children to earn privileges and also the money they will need to buy many of the things they want. There may be times when a child loses the opportunity to play the game because of attitude or behavior. When a serious infraction occurs the **Lock-Up** card is placed on the chart on the **Trust Hook** and the game is suspended until the problem is resolved. This denies the child from earning but does not release him or her from performing their share of household duties as usual. If the child refuses to work, parents may assign **Janitor** or **Maid Services** to be performed by others, for which the lazy one will be charged. Try to avoid power struggles that would naturally be tempting at this point. Most problems can be avoided if clear and simple explanations regarding rules and expectations are made in a family council meeting before the fact. For instance: *‘What should we do if someone is messy and refuses to pay for **Maid Service**, or gets an attitude about it?’* The discussion should end with the conclusion that any person that will not keep the rules can’t play the game and will be suspended until they agree to keep the rules. When the disgruntled child is working and behaving again, which usually requires a change in attitude and an apology, the child can be reinstated and start the earning process again. Try to stay out of power struggles. Be patient. Let some time pass and make it easy to

make amends and get started again. Such things as lying, stealing or violence would cause the **Lock-Up** card to be used.

- ◆ The **Privileges Card** Somehow this privilege card got through the spell-check with the word being misspelled. But now we have printed thousands of them. Alas! We are not perfect yet. Please bear with us and make sure your children learn how to spell **privileges**. This is a card that lists several privileges the child wishes to have and which are available only after the **All Done** card is earned. Some of the privileges that might be listed are watching TV, having friends over, going outside to play, riding the bike or using the phone to call friends. Remember, work before play.
- ◆ The **Speedy Card** is given when all the ‘**My Stuff**’ jobs, **Daily Jobs** and **Weekly Jobs** are completed **on time**. For instance parents might say “*We want to eat breakfast each morning together as a family so if you get all your work done by 8 AM you will earn a **Speedy card** which is worth a bonus of (?) 50 cents **Kudo Kash**.* The **All Done** card is given when the jobs are completed, whether on time or not. The All Done card earns money for getting the work done. The Speedy Card is an extra bonus for finishing on time or earlier.
- ◆ **All Done Card**: This card is earned when all the jobs assigned to the child are completed but not on time. Mom or dad checks them off and the card is hung on the **My Stuff** hook, and money and privileges are earned. If the jobs are completed on time or earlier the child is awarded a **Speedy Card** and earns an extra predetermined amount **Kudos Kash** (50 cents or more, depending on how much work has been required).
- ◆ **Kid Bills** are placed in the **Weekly Earning box**. The **Kid Bill** cards list the bills that the child needs to pay. For example, if a child breaks a window, the amount needed to pay for the window would be written on the bill card and placed in the child’s **Weekly Earning** box and taken out of the child’s earnings at the end of the week. There are spaces on the card to write in the type of bill, the amount owed and the date due, including a possible late fee. Discounts can be given for early payment. Loans and credit should only be given in true emergencies. Do not become the rescuer of poor planning or bad money management. A parent would not buy something for a child because the child is out of money and then give them a **Kid Bill**. **Kid Bills** are often associated with some kind of waste or misuse of something that causes it to be worn out prematurely. Some examples are leaving lights on, slamming doors, and wasting food. A **Kid Bill** can also be given for an unexpected expense the family did not foresee. For example, a child who rides his bike to school may have the pedal break off and need to purchase a new one so he can continue transporting himself. This would become a kid bill. But, don’t let the kid bill system become an escape from the consequences of poor planning.
- ◆ **Maid Service and Janitor Cards** These cards say, **Janitor** or **Maid Service** for _____ with room to write in a child's name. So, when Beverly picks up Tommy's clothes, mother gives

her a **Janitor** or **Maid service** card with Tommy's name on it and when it comes time to settle accounts Tommy is required to pay Beverly for her **Maid Service**. When **Maid Service** is done for persons not on the program, such as a little child for whom there are no **Maid Service** cards the maid is paid in **Kudo Kash** as soon as possible by the parents. **Janitor** and **Maid Service** cards are like money, are interchangeable and handed out for lack of responsibility with personal belongings, failure to complete assigned jobs, misusing household furnishings or being wasteful of things provided and paid for by the parents such as utilities. **Maid Service** and **Janitor** cards of another family member can be earned by cleaning up after someone who has been irresponsible. When something is left out or is left undone by someone, a parent can call out, *"I see a Janitor card!"* and everyone will come running! Earned **Maid Service** and **Janitor** cards are worth money and are stored in the **Daily** or **Weekly Earnings** box depending on whether you wish to settle accounts on a daily or weekly basis. Remember, with younger children, the sooner and more often reinforcement is used, the more effective it is. **NOTE: When writing a child's name on a card such as a Maid Service card please use a soft crayon or a dry erase pen so that it can be easily rubbed off.**

- ◆ **Warning and Stop Cards** These cards are in values of \$.25 and \$1.00 respectively and are used to motivate kids to take control of their own behavior. A warning is given when a parent sees that things have started to develop into a problem. *"Johnny, you two boys are getting a little loud and so I want you to stop contending now."* When mother gives them both a \$.25 **Warning Card** both boys look up a little surprised. For effect she asks them to pay her right then. In any event she leaves and in a couple minutes they are at it again, arguing over the same toy. Her warning has gone unheeded, so she hands them both a red **Stop Card** and tells each of them to go get her a **Kudo Dollar** immediately. If they fuss, they know from past experience that she will double it. This procedure automatically separates the two boys for a few minutes. It also immediately connects in their minds the offensive behavior with a significant consequence for inappropriate behavior (arguing and fighting). Then she confiscates the toy for two days.

Introduction of the Special Features

- ◆ **The Flashing Lighthouse** This device is a lighthouse sitting on a powerful magnet. The lighthouse is not always flashing but when it is the children know that something exciting is going to happen. The flashing lighthouse might be holding a job card indicating that there is an extra job to do to earn money. But more often mother has just started a special new **Heart-to-Heart** game that she might play for a few minutes or an hour or so. For instance, mother might anticipate that she is going to need some extra help in the kitchen and has just put the '**I volunteer**' game card up under the lighthouse and started it flashing. Then she calls out, "*I need some help in the kitchen for a few minutes.*" Each child that calls out, "**I volunteer!**" will be rewarded if he/she jumps up immediately and helps mom in the kitchen. Sometimes mom can play the game without the flashing light and kids that volunteer will be rewarded from time to time (intermittent reinforcement). Kids must keep a close watch out for the flashing lighthouse because it always offers a great opportunity of some kind. Obviously, the first child to see it gets first chance at earning the prize. When no one has noticed the flashing lighthouse, Mom might say, "I see opportunity flashing!" This will usually bring the kids running to see what's up. Make it worthwhile and fun to play.

Note: Children are never to touch the lighthouse and are to be fined 5.00 dollars, at least, if they ever touch it. The lighthouse is not a toy and should be placed high on the refrigerator or where little hands and mouths can not ever get hold of it. It is labeled as a choking hazard and should never fall into the hands of little ones.

- ◆ **Family Store** The family store is used for items the children can be responsible for purchasing such as toiletries, socks, birthday gifts for friends, etc. An item found on sale can be purchased by the parent and then kept in the family store until the child earns the money to purchase it. This is a great way to eliminate running to the store for one or two items. A fairly secure and out of reach place should be used for the family store.
- ◆ **The Treasure Box** The treasure box is filled with inexpensive toys and other things that kids love such as batteries, pencils and paper, even coupons for free junk food, etc. Some parents put 3x5 cards in the treasure box with items listed on them like, 2 video rentals, or Good for one Pepperoni Pizza or Good for one gallon of ice cream. The kids can then purchase items from the Treasure Box. Also, when they play the **Kudo King** game and pick the **Treasure Box** card they can choose anything they want out of the **Treasure Box, for free!**
- ◆ **Treat Bucket** The treat bucket is filled with treats like candy and gum that can be purchased with **Kudo Kash** or paid for using a **Kudo King** card or by drawing a **Treat Bucket** card when playing the **Kudo King** game.(The family should make their own **Treat Bucket**. It is not provided by the manufacturer of the game.)

- ◆ The **Lanyard** has a ring which holds the "**My Stuff**" cards in the order mother wishes the work to be done. A child puts the lanyard around his/her neck and turns each card over as that job is done. The lanyard is made with a break away fastener, so that one end of the lanyard is glued into the vinyl tube. The loose end is to be inserted only about 1/8th inch into the tube so that when it is around a child's neck the slightest pull will disengage the faster. Never insert the loose end deeply into the vinyl tube.

- ◆ **Budget Box** This box has sections that are labeled for different financial responsibilities. On Payday the money earned will be budgeted into the various sections. Categories of savings include such areas as clothing, savings, college, church, special toy, presents for a birthday party, scouting equipment, music lessons, pet/animal, and recreation. There should always be a category for spending money that the child can use on things he/she wants. This category is very important because if all the money earned is for necessities, the child will soon lose interest. A child must have some fun money and be working for something that will be fun. A small calculator can help to determine the amounts to be placed in each section. A card should be placed in each section and used to keep track of all amounts earned and spent for items in that category. This helps keep spending within the current budget also helps in developing future budgets.

- ◆ **Shopping Requests** This list should be kept in a convenient place for family members to write down items they need immediately or in the near future from the store. Once purchased, the items can be put in the family store until the child pays for them with **Kudo Kash**.

- ◆ **The Kudos King Reward List** is a list of great rewards a child can save his or her **Kudos King** cards for. The list is made up of things parents and children have decided on that don't cost a lot of money but are viewed by the child as really neat rewards or privileges. These rewards can be things like an at home pizza party or ice-cream sundae party with friends, a date with Mom or Dad, being read to by Mom or Dad, staying up an extra hour past bed time, having the car for the weekend, or a picnic at the park. Each reward on the list should have a value written next to it (the number of **Kudos King** cards required to earn that reward). Each program has only 25 Kudo King cards. For large items like going to a theme park many **Kudo King** cards are required; such as 40 **Kudo King** cards to go on a fishing trip with dad. This requires that the children pool their cards to finally reach a total of 40 cards. In this way we are rewarding cooperation and not competition.

Introduction of Special Activities

◆ Family Council Requests

Family Council Requests This list is a place for any member of the family to jot down ideas or issues they wish to be brought up at the next family council meeting.

◆ Pay Day

Pay Day Either daily or weekly, depending on the ages of the children. At least one day a week is designated as Payday. Payday is a balancing and budgeting time for all **Kudo Kash** earned that week. Earnings and expenses are calculated and **Kudo Kash** is received for services rendered and paid out for services received. A parent is the banker. **Maid Service** and **Janitor** cards are traded among family members with those who owe paying the person who holds one of their **Maid Service** cards, etc. All remaining **Kudo Kash** is then budgeted and used to pay bills or saved for upcoming expenditures. **Kudo Kash** should only be traded for real currency when a child needs to buy something in the real world. By using **Kudo Kash** instead of real money the parent can give advice and guidance before money is spent wastefully. However, the final decision should usually be left up to the child so that the consequences of poor choices will be experienced. Failing financially can be a very enlightening experience for a child. Only when the child really has a choice will he/she feel the responsibility of making a wise choice.