



Behavior Contract

Date: _____

This behavior contract is an agreement between _____ (child) and _____ (parent). By signing, both parties agree to follow its expectations.

_____ (child) can be trusted to:

Behavior Expectations	
<i>Behavior Example</i>	<i>Follow instructions the first time they are given</i>
Behavior #1	
Behavior #2	
Behavior #3	

_____ (parent) can be trusted to:

- Providing the consequence that matches the behaviors as described below
- Add behavior expectations under Behavior below, as well as the expected Consequence, as more situations come up so that both parties are on the same page
- Remove what is no longer being used by crossing it out AND pointing out to the other party so he/she knows the expectation has changed

Behaviors and Consequences

Behavior	Consequence (What Happens After)	Date Added
<i>(Child) asks for a break or to complete the task later</i>	<i>(Child) is given either a time he/she needs to complete the task OR is told he/she needs to complete the task now.</i>	<i>9/2/25</i>
<i>(Child) asks for help with the task</i>	<i>(Child) is given help OR is told he/she needs to complete by himself.</i>	<i>10/18/25</i>



<i>(Child) attends every school day for 1 week</i>	<i>(Parent) will allow (child) to borrow the car for 1 errand or friend outing over the weekend</i>	<i>12/13/25</i>

Helping Reach Goals and Expectations

To help (child) to meet expectations, it is recommended that:

- Both discuss at least weekly what the child did well and recap the reason for any consequences that week
 - Example: "This week, you did an awesome job staying calm when frustrated. Do you remember why they gave you a detention at school Wednesday? Right, being late to homeroom," etc.
- He/she is rewarded for more appropriate communication, like asking for 5 more minutes playing before doing a chore or for help, at least some of the time by being given those things (instead of being told no)
 - If inappropriate behavior like arguing and throwing never get the child his way but the communication sometimes does, he/she will do what is working

Child sign and date

Parent sign and date