



Kudos Notes

for Caregivers

When we identify and reinforce positive behaviors, children will do them more. Most often it's the mistakes and misbehaviors that receive much of the attention, but with **Kudos Notes** you can increase feedback and focus the attention on positive performance.

This tested and proven strategy teaches children to receive and give praise. Because Kudos Notes specifically identify a behavior it helps the child repeat that behavior.

Kudos Notes help young people ...

- Identify prosocial behaviors.
- Avoid problematic behaviors and choices.
- Learn to receive positive feedback.
- Give positive feedback to peers and adults.
- Strengthen relationships.

Kudos Notes give attention for the behaviors we want to encourage and increase the **Peace, Productivity, Health, and Happiness** for everyone!

The Recipe

- 1** Be on the lookout for opportunities to reinforce your child's behavior – like getting homework done without being told, completing chores on time, or getting along with siblings.
- 2** When you observe a desired behavior, write a Kudos Note to recognize and reinforce the behavior, including what the young person did and how it made you feel.
- 3** Deliver the Kudos Note or invite the young person to post it where others can see it.
- 4** Help your child create a collection of Kudos Notes to revisit and reflect upon.