SPECTRUM STEPS · PARENT TOOLBOX

Caught being good

Write one thing you want to notice at the top. Each time you see it, add a mark, sticker, or smiley in the day.

We are noticing: _____

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							
Extra							
Extra							

Awaiting BCBA review. This is a family tool, not a treatment plan. Say what you saw (“You waited. Thank you.”) when you make a mark. Reward what your child actually enjoys.