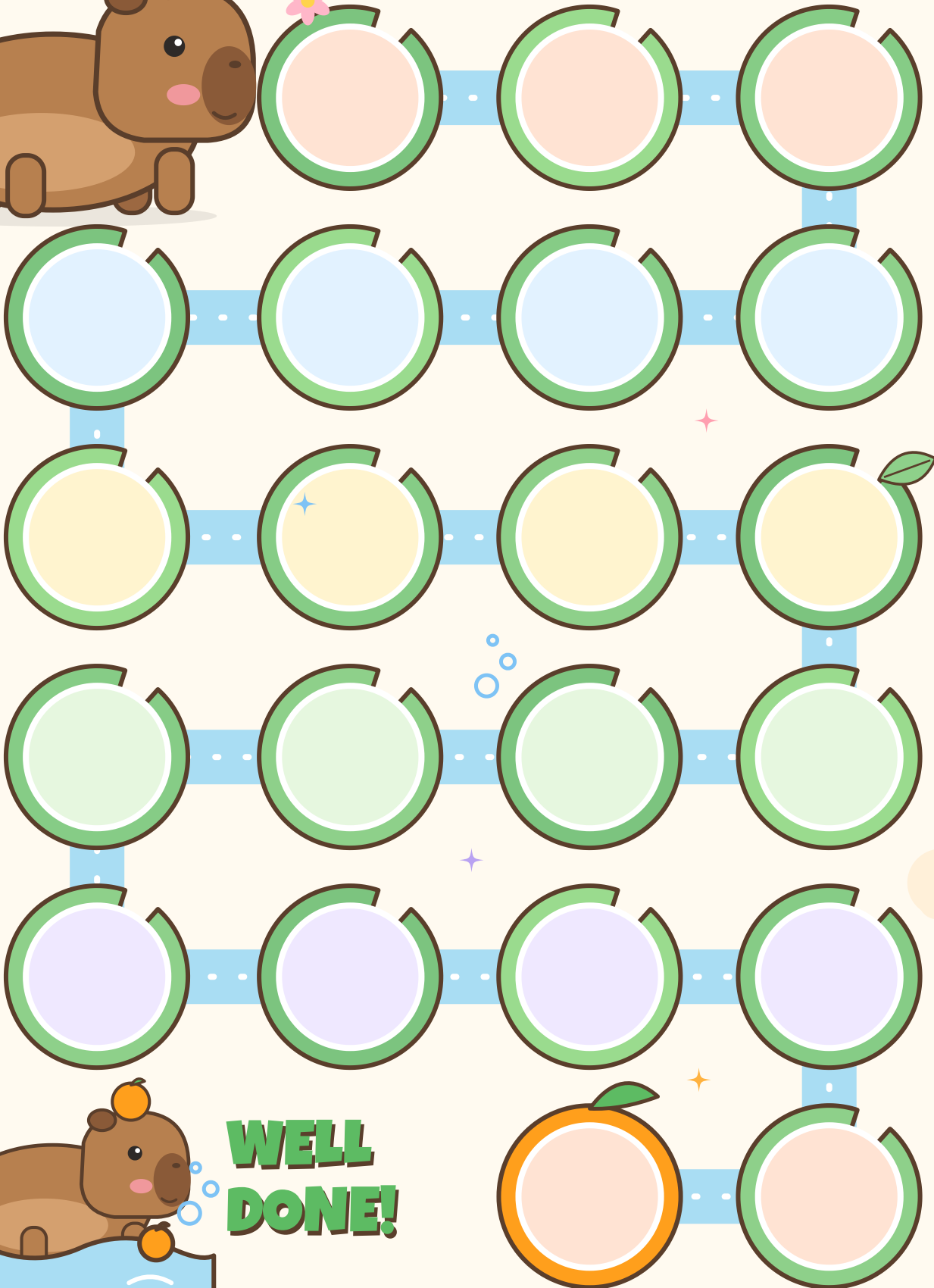


YOU CAN DO IT!

START



WELL
DONE!

PRIZE: _____

FOR PARENTS

HOW TO USE THE CHART



A reward chart turns good habits into a calm, happy game. Each sticker helps the capybara float along the river to the orange at the end.



PICK ONE CLEAR GOAL

Choose one behavior at a time, like brushing teeth, putting toys away or going to bed on time. Explain in simple words exactly what earns a sticker.



CHOOSE THE PRIZE TOGETHER

Agree on a reward and write it on the PRIZE line. Small, meaningful prizes work best: a trip to the park, picking a story, baking together.



START AT THE FIRST LILY PAD

Each time your child reaches the goal, add a sticker or color a circle. Begin at START and follow the river, one circle at a time.



PRAISE RIGHT AWAY

Add the sticker as soon as it happens and name what they did: "You brushed your teeth all by yourself!" Specific praise builds confidence.



STAY CALM, LIKE A CAPYBARA

Never take stickers away. A hard day is just a rest in the pond; the chart only moves forward, so it always feels hopeful.



CELEBRATE AT THE ORANGE!

When your child reaches the big orange, give the prize and celebrate. Then print a new chart and pick the next goal.



TIPS

Hang the chart at your child's eye level. For ages 3–5, pick easy goals so they finish in one or two weeks. Let your child place the stickers. Keep the same rules every day.