



ALTERNATIVE BEHAVIOR
MODIFICATION TECHNIQUE

JOB CARD GROUNDING

An effective parenting technique to reduce arguing, noncompliance, and family rule infraction by requiring the child to earn their way off of grounding by completing a job, rather than simply waiting for time to pass

- ✓ **Effective with most children 8 years of age and older**
- ✓ **Alternative method of discipline with children who are on the Autism Spectrum**
- ✓ **Can be used with all children in the family**

Similar to Time Out but more effective for Pre-Adolescents and Adolescents

Clarifies boundaries of undesirable behavior creating stability and consistency

Gives the control of the frequency and duration of the discipline to the adolescent

Creates independence and teaches "cause and effect" principles

Overall, Limits power struggles with children and time focused on negative behaviors, thus reducing Parent frustration!

What is Job Card Grounding?

- A method of discipline that can demonstrate the boundaries of inappropriate behavior and the consequences that accompany their behavior. The child's duration of grounding is contingent upon that child completing a chore or job.

What are the Benefits?

- Similar to time out but more effective with adolescents
- Gives the control of the frequency and duration of the discipline to the adolescent
- Gives the adolescent independence but also teaching the basic principles of cause and effect
- Child must display constructive and appropriate behavior in order to gain privileges
- Eliminates power struggles with children and the time wasted on negative behaviors. Many children are reinforced through nagging or arguing, thus this reduces inappropriate reinforcement
- Provides opportunities for effective positive reinforcement

What does grounding entail?

- Child must attend school
- Perform required typical chores
- Follow house rules
- Stay in room unless eating, working on chores, or attending school
- No use of electronics
- No hanging out with friends
- No snacks
- No social activities

STEPS FOR IMPLEMENTATION

1. Develop house rules with every member present and providing input (e.g. be respectful, or comply with requests from parents)
2. Create 10-15 different job cards that could be completed in less than 15 minutes.
3. Develop a list of privileges that the children would be motivated to earn
5. Provide the child with a warning when behavior is close to violating house rule, utilizing an "if-then" statement
6. If child continues to break house rule, calmly with short explanation, inform the child which rule was broken and provide a job card
7. If child continues to break the house rules, provide another job card
8. The child remains grounded until the job is completed.
9. When the child completes the job, provide appropriate positive reinforcement through verbal praise or occasional special privilege.

RULES FOR JOB CARD GROUNDING IMPLEMENTATION

1. All family members, especially the child with whom this will be most used, should provide input into the development of the house rules
2. Everyone must understand what each house rule entails and an example of how it could be violated
3. Every job should be discussed prior to implementation, to ensure the child can complete it with accuracy
4. Every job should only take 15 minutes or less and should be a job that is not essential to be completed right away, if the child chooses to wait to complete it and remain grounded
5. The list of special privileges should be things that the child would not normally have access to and are motivating for the child. You may need to have different ideas for each child. You can involve the child in the creation of this list. Create privileges for various levels of reinforcement
6. Especially in the beginning, provide the child with a warning before administering a job card. This will help the child to understand the rules better and to have an opportunity to display the desired behavior. The warning should be in the form of an "if-then" statement such as, "If you don't turn off the video games right now, like I asked you to, then you will receive a job card". The warning allows you to minimize the use of job cards, thus making them more effective. It is essential that the parent follows through with their warning if the child does not comply. There are times when a warning may not be appropriate because the behavior was so severe or problematic. During these instances, it would be appropriate to just administer the job card.
7. When administering the job card, the parent must remain calm and concisely describe the behavior that broke a specific house rule. The parent should not engage in further dialogue with the child, even if the child tries to argue against it. Most offenses require only one job card; however, two or more jobs may be given if the behavior is more problematic. Do not allow the child to have more than 4 job cards at one time. Large amounts of job cards may seem like an overwhelming task for the child and they may just choose to remain grounded.

RULES FOR IMPLEMENTATION CONTINUED

8. An alternative option for severe behavior is a "time-based" job card grounding procedure. This entails the child drawing 5 cards per day for a specified period of time (usually 3 to 10 days) to earn basic privileges. Considering that serious behaviors usually involve consequences outside of the home, it would be best to limit the basic privileges to inside the home (i.e. cell phone, television, computer/Ipad, or video games). Once the five jobs are completed, they have access to those privileges for the rest of the day. The next day they must complete 5 more jobs before they can get privileges. This should ONLY be done with very severe behaviors.
 9. If the child continues to break house rules after a job card was administered, the parent may present another warning. If the behavior continues, the child will be given another job card. Do not administer more than 6 job cards in one day.
 10. Inform the child that they remain grounded until their job is completed. During this time, the parent needs to enforce the grounding, even when it is inconvenient for them. The parent may not nag the child to complete the job, as it is in the child's control as to when they would like to terminate their grounding. The grounding could last for 15 minutes or up to 3 days and longer.
 11. As soon as the child completes the job or chore, determine whether the job was done correctly and thoroughly. If yes, provide positive reinforcement through verbal praise. If no, instruct the child what further tasks they need to complete.
 12. It is essential that you do not talk about the problematic behavior after giving them the job card. This means that once the job or chore has been completed, the problematic behavior is forgiven and forgotten.
 13. At the end of the day, provide one of the special privileges if the goal has been achieved. In the beginning, you can provide reinforcement (i.e. special privileges) if the child received 2 or fewer job cards in one day. Once that becomes easy for the child, reduce the goal to 1 or fewer job cards in a day. Then move to every two days and so on. The objective is to increase the goal so you fade out the special privileges over time and the child just maintains their positive behavior through natural reinforcement
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When it
does not
seem to be
working

Does the child understand all of the family rules and what type of behavior earns them a job card?

Are you suspending ALL privileges when they are grounded?

Is the adolescent getting job cards for minor behaviors that violate family rules?

Are you consistent with the amount of job cards given for each type of behavior? Are the job cards selected randomly?

Do you give too many warnings before job cards? (i.e. more than 1 an hour)

Is your voice neutral when you administer the job card? (i.e. no yelling, lecturing, or discussion)

**TROUBESHOOTING
CONTINUED**

Do you check to make sure the chores are done correctly before the child regains privileges?

Do you avoid nagging the child about their behavior after the chore is over?

Do you stay under the maximum of 6 job cards a day?

Do you provide special privileges when the child reaches the predetermined goals?

Is the daily environment in your home rewarding? Is the child missing out on fun enjoyable things when grounded?

SPECIAL PRIVILEGES

1.

2.

3.

4.

5.

6.

7.

FAMILY HOUSE RULES

1.

2.

3.

4.

5.

JOB CARDS

**BELOW ARE A VARIETY OF JOB CARDS YOU CAN CHOOSE FROM
PRINT THEM AND THEN CUT OUT EACH ONE
YOU CAN THEN LAMINATE THEM SO THEY ARE MORE DURABLE
FEEL FREE TO CREATE YOUR OWN IF THESE DO NOT WORK FOR
YOUR FAMILY**

EMPTY THE DISWASHER

- **EMPTY OUT THE CLEAN DISHES FROM THE DISHWASHER**
- **PUT EACH ITEM IN ITS DESIGNATED SPOT**
- **IF YOU ARE UNWARE OF WHERE A SPECIFIC ITEM SHOULD BE PLACED, ASK**

CLEAN OUT THE REFRIGERATOR

- **TAKE OUT ALL OF THE ITEMS FROM THE REFRIGERATOR AND PLACE ON KITCHEN COUNTERS**
- **WIPE DOWN ALL OF THE SHELVES, DRAWERS, AND DOORS INSIDE THE REFRIGERATOR**
- **MAKE SURE THAT ALL OF THE FOOD PARTICLES ARE CLEANED OUT**
- **REPLACE ALL OF THE FOOD ITEMS INTO THEIR PROPER LOCATION**

HELP AT THE GROGERY STORE

- **HELP PARENT PICK OUT THE NECESSARY FOOD ITEMS AT THE GROCERY STORE**
- **GRAB THE ITEMS FROM THE LIST AND PLACE IN CART**

FREE CARD

- **IT'S YOUR LUCKY DAY, YOU DO NOT NEED TO COMPLETE A JOB THIS TIME.**
- **CHANGE YOUR BEHAVIOR SO YOU WON'T GET ANY MORE JOB CARDS**

VACUUM STAIRCASES

- REMOVE ALL DIRT AND FOOD PARTICLES FROM THE CARPET WITH THE VACCUUM
- VACCUM ALL SETS OF STAIRS IN THE HOUSEHOLD

TAKE OUT THE TRASH

- REMOVE THE TRASH BAGS FROM EVERY ROOM IN THE HOUSE.
- TIE UP ALL OF THE BAGS
- BRING THE BAGS OUTSIDE AND PUT IN TRASH CAN
- PLACE NEW TRASH BAGS IN EVERY TRASH CAN

WASH 5 INSIDE WINDOWS

- WASH ALL WINDOWS ON THE INSIDE.
- REMOVE ALL DIRT AND DUST FROM WINDOW
- MAKE SURE THERE ARE NO STREAKS LEFT ON THE WINDOWS AFTER CLEANING THEM

WASH OUTSIDE WINDOWS

- WASH ALL OF THE OUTSIDE WINDOWS THAT ARE WITHIN REACH FROM THE GROUND.
- ENSURE THAT ALL OF THE DIRT IS REMOVED AND THERE ARE NO STREAK MARKS LEFT ON THE WINDOWS AFTER CLEANING

PLAY WITH YOUNGER SIBLING

- THE YOUNGER SIBLING GETS TO CHOOSE THE ACTIVITY
- MUST PLAY WITH THEM FOR 15 MINUTES
- THERE CANNOT BE ANY ARUGMENTS OR MISTREATMENT OF THE SIBLING DURING THE ACTIVITY

VACCUM 2 CARPETED ROOMS

- REMOVE ALL DIRT AND FOOD PARTICLES FROM THE CARPET WITH THE VACCUM
- MOVE ALL FURNITURE TO VACCUM UNDERNEATH IT AND PUT FURNITURE BACK

FOLD LAUNDRY

- **FOLD ALL OF THE LAUNDRY IN THE LAUNDRY BASKET**
- **CLOTHES MUST BE APPROPRIATELY FOLDED TO THE BEST OF YOUR ABILITY**
- **DISTRIBUTE ALL OF THE FOLDED CLOTHES TO THE CORRECT ROOMS AND PLACE YOUR CLOTHES IN THE DRESSER**

PICK UP ALL OF THE TOYS

- **PICK UP ALL OF THE TOYS THAT ARE OUT OF PLACE OR ON THE FLOOR IN THE HOUSE**
- **PLACE ALL OF THE TOYS IN DESIGNATED SPOTS IN A NEAT AND APPROPRIATE WAY**

CLEAN THE SINKS

- **REMOVE ALL ITEMS FROM THE SINK**
- **USE DESIGNATED CLEANNING WIPE OR CLOTH AND CLEAN THE COUNTERTOP AND SINK BOWL**
- **REPLACE ALL ITEMS ON THE SINK**
- **REPEAT WITH THE REMAINING SINKS IN THE HOUSE**

CLEAN THE INSIDE OF THE CAR

- REMOVE ALL GARBAGE FROM THE CAR
- VACCUM THE CAR SEATS IF THEY ARE CARPET, OR WASH THEM WITH A CLOTH IF THEY ARE LEATHER
- VACCUM THE FLOOR OF THE CAR
- WASH THE DASHBOARD AND STEERING WHEEL

WALK THE DOG

- TAKE THE DOG ON A 15 MINUTE WALK
- PICK UP ANY DOG WASTE THAT OCCURS ON THE WALK

HELP COOK A MEAL

- HELP A PARENT COOK LUNCH OR DINNER
- YOU MUST HELP PREPARE THE

GIVE DOG A BATH

- FILL UP THE BATH TUB WITH A LITTLE WATER
- ADD SOME SOAP/SHAMPOO
- HELP GET DOG INTO THE TUB
- SCRUB ALL AREAS OF THE DOGS FUR GENTLY
- WASH OFF ALL SOAP
- DRY THE DOG WITH A TOWEL
- CLEAN UP THE BATH TUB AREA

CLEAN THE OUTSIDE OF THE

CHANGE CATS LITTER BOX

- CLEAN OUT THE OLD LITTER IN THE BOX
- DUMP IT IN GARBAGE BAG
- TAKE THE GARBAGE BAG OUT TO THE TRASH CAN

REPLACE THE TOILET PAPER

FREE CARD

- IT'S YOUR LUCKY DAY, YOU DO NOT NEED TO COMPLETE A JOB THIS TIME.
- CHANGE YOUR BEHAVIOR SO YOU WON'T GET ANY MORE JOB CARDS



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