



## Parent Point Sheet FAQ

### **Q: What is the Parent Point Sheet?**

A: The Parent Point Sheet is the paper you use to track your child's home goals.

### **Q: How does it work?**

A:

- (1) You and your child pick 4-5 home specific goals. It is best if you collaborate on this as opposed to you as the parent/caregiver just picking the goals you think your child should work on. Buy-in from your child is important.
- (2) At the end of each day, you and your child sit down together and review their goals and points. You (the parent/caregiver) decide if they have earned points for each of the goals.
- (3) Every Friday you send your child's completed point sheet with them to camp. They will then be able to add their parent points to their camp points when shopping at the store.
- (4) PLEASE MAKE SURE TO DO THIS EVERY WEEK SINCE YOUR CHILD WILL HAVE SIGNIFICANTLY LOWER POINTS THAN OTHER CAMPERS IN HIS GROUP AND LIMIT THE EFFECTIVENESS OF THE THERAPEUTIC PROGRAM.

### **Q: Should their home goals be the same as their camp goals?**

A: Usually not. Home goals should be related to things you want to see improvement on at home. Being that it is summer and homework is mostly likely not being assigned to your child, you will probably have goals around things like completing chores, complying with directives, being flexible in certain situations, interacting appropriately with siblings, etc.

### **Q: Why is the Parent Point Sheet important?**

A: It may not be "fun" for you or your child to complete this sheet. It requires scheduling time to sit down and review goals and goal progress. At the start, your child may complain about having to do this and/or become agitated when you bring it up. However, if you wish for your child to truly benefit from the Quest program (i.e. not just show progress at camp but show generalized progress) the Parent Point Sheet is your key to opening the door to improvement at both camp and home.

**Q: I don't believe in "bribing" my child to do things at home. I think they should just naturally do them.**

A: Setting goals and giving points on progress is not bribing. Bribing occurs when a child is already engaged in negative behaviors and you make offers to give them preferred items/access to preferred activities to try to get them to stop the behavior. Using the parent point sheet provides you with a structured opportunity to give your child feedback on their progress in the home setting. The points are a motivator to reaching their goals.

**Q: Do goals have to stay the same the entire summer?**

A: No. If you feel that after a week or two weeks your child has "mastered" a goal please feel free to sit down with them and pick a new goal.

**Q: Can I give bonus points?**

A: Absolutely! Feel free to give bonus points as you see fit. Again, there is a big difference between giving bonus points and bribing your child with points. If your son/daughter comes home and independently takes out the trash without any reminders it is reinforcing for you to give them 10 extra points for taking initiative. Alternately, if you are in Giant Eagle and your son/daughter begins to whine/complain/meltdown because they can't get a particular brand of popsicles it is NOT appropriate to offer bonus points in order to get them to quiet down etc.

**Q: I lost the sheet you sent me. What should I do?**

A: You can either go online and access the sheet at <http://www.questcamps.com/forms>

OR

You can email me and I will email you an electronic version.

**Additional information:**

When writing goals please try to focus on the behavior you want to see. So, for example, if you want your child to stop wrestling/fighting with their younger sibling you would write this type of goal:

"Tommy (camper) will keep his hands to himself when his brother/sister asks him to stop touching them."

Here's another example:

If your child whines/begs/melts down in stores when they see an item of interest you might write a goal like this:

"Tommy will accept the answer "no"

Or

"Tommy will use a normal tone of voice and will stay calm when shopping with his parents."

Please make sure your child understands their goals. If they don't understand what certain words mean you may

need to rewrite the goal in terms they can understand.

When writing goals, please do not focus on the behavior that you don't want to see.

Here are some examples of goals that do this:

“Tommy will whine less when we shop at Target.”

“Tommy will stop hitting his sister.”

Notice how the goals above focus on the negative behavior. We want to teach new/replacement skills so the goal should focus on what you WANT to see versus what you DON'T WANT to see.

Please note: Your child should not be receiving full points (5/5) for all of their home goals, ESPECIALLY at the start of camp. If they are getting full points that means that their behavior is absolutely perfect at all moments. If this is truly the case we might wonder why they are attending a therapeutic camp that addresses social skills and behaviors. While it might feel “good” to you as a parent to give them full points it is not therapeutically beneficial. Full points should be reserved for marked progress made on goals. Making your child challenge themselves to earn perfect points challenges them to take the risk for more success.

The parent point sheet is an integral component of the Quest therapeutic summer program. Even if you are not able to make it to the parent meetings you should still be completing the sheet and sending it in with your child every Friday. If you have any questions about it at any time please don't hesitate to call me or email me.

Thanks!

April

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