

Bravery Ladder

hard

6. Dad drops off child at the birthday party and comes back when it is finished.

5. Dad drops off child at the birthday party but comes back 20 minutes early and watches from the side.

4. Dad watches from the side for the first half hour and then leaves the rest of the birthday.

3. Dad watches from the side for first half hour and the leaves for 15 minutes to go buy a treat for the child. He returns and watches from the side for the rest of the party.

2. Dad watches from the side while child participates. Child gets one check-in with Dad.

1. Dad and child go to the birthday party and watch from the side together.

easy



Rewards

6. Trip to the climbing gym with Dad.

5. Picnic at the beach with Mom.

4. Special movie night at home.

3. Go out for hot chocolate with Dad.

2. 1 hour "bonus" screen time.

1. Get out of doing chores for a whole day.

