

Habit Contract

This agreement is between _____ (child) and _____ (parent).

I, _____ (child), agree to stop sucking my thumb/finger/pacifier. I will not suck it during the day or night time in bed. I will not suck it secretly when no one is watching.

I, _____ (parent), agree to give the following prizes to my child for not sucking their thumb/finger/pacifier. They will earn a sticker on the calender for each day that they are successful.

*Stop for 3 days: _____ good start

*Stop for 7 days: _____ keep going

*Stop for 14 days: _____ you can do it

*Stop for 21 days: _____ almost there

*Stop for 30 days: _____ you did it!

Congratulations!! You have done a great job!! We knew you could do it!! Now keep on going!

(child)

(parent)

(Dr. Shannon/Dr. Capalbo)

You're Special