

# TODAY

Treatment options for  
type 2 Diabetes in Adolescents & Youth

## The TLP Rewards Program





# The TLP Rewards Program

In the TLP, your child will earn rewards for meeting personal goals for learning and using healthy habits.

We know how much work it takes to change behaviors that you are used to doing. That's why we set up a system that gives your child a lot of ways to earn rewards by working hard to change lifestyle behaviors and making progress, step-by-step.

Your child probably won't change all these habits overnight. It's a process that takes time, and that's OK. The important thing is to keep moving forward. Your PAL will work with your child to set small goals that your child can reach each week. Each step brings your child closer to the long-term goals of losing weight and taking care of diabetes.



## Over the next 4 weeks . . .

You will work with your child and the PAL until you all have agreed on a rewards program to help your child meet personal goals for lifestyle changes. First, you will read this booklet about the TLP Rewards Program. Then you will do a little work on it each week. Your PAL will guide you through the process.



## Alicia's Totals Page

This is an example of the goals one girl in the TLP achieved during a week. After keeping track of her eating and activity behaviors each day, Alicia put the information from each day on the *Totals for the Week* chart at the back of her Lifestyle Log.

Then Alicia compared her totals with her goals. It was easy to do because her goals and her totals were on the same page.

As you can see, Alicia's calorie goal was to eat between 1200-1500 calories per day. Her RED food goal was to have 6 or less RED foods each day. Her physical activity goal was to have 20 or more minutes of physical activity each day. And, her PAL encouraged her to have a family meeting every day.

### Totals for the Week

Date	Calories	RED Servings	Minutes of GREEN Physical Activity	Family Meeting	Special Goals
Sunday	1400	5	20	1	
Monday	1670	7	25	1	
Tuesday	2030	8	15	0	
Wednesday	1450	5	20	1	
Thursday	1500	6	20	1	
Friday	1730	7	15	1	
Saturday	1380	4	20	1	
<b>TOTAL:</b>		<b>42</b>	<b>135</b>	<b>6</b>	

	Calories	RED Servings	Physical Activity	Family Meeting
My daily goals:	1200-1500	6	20	1
Number of days I met my goals:	4	4	5	6
Weight change since last session:	(Filled in by PAL)			
PAL signature: _____				

Alicia met her calorie and RED food goals on 4 of the 7 days. She met her physical activity goal on 5 days, and had a family meeting on 6 of the 7 days. She added up the number of days she had met her goals this week and discovered that she had met her goals on 19 of the possible 28 times.

Alicia was very happy about her progress, and she was determined to do even better next week! Her parents said they were proud of her, too.

## Earning Rewards

The TLP Rewards Program uses points to help you and your child keep track of the lifestyle changes your child is making. Because your child is making changes step-by-step on a daily basis, your child can earn points for rewards by meeting personal TLP goals each day by:

- ▶ Having family meetings
- ▶ Meeting calorie goals
- ▶ Meeting RED food goals
- ▶ Meeting GREEN physical activity goals

The more goals your child meets, the more points your child earns. Once your child earns **25 points**, she can spend those points on a small reward. Or your child can save these points to spend on medium rewards (**50 points**) or large rewards (**100 points**).

This week you and your PAL will create a list of possible rewards for your child. Then you and your child will agree on the number of points it takes to earn each reward. This final list of the rewards and points you and your child have agreed upon will be your child's Rewards Chart.



### **PARENTS ASK:** How do rewards help change behaviors?

Your child will earn rewards for learning and using healthy habits.

Rewards are nice things your child will get **after** doing something hard or important. Earning rewards for meeting a challenge helps all of us work harder.

There are many different kinds of rewards. A reward doesn't have to be something your child buys at a store, like a CD, a book, or a basketball. A reward could be an event, like going to the museum or the zoo. It could

be spending time with you. A reward can even be praise, like when you say, "Good job" or "Way to go!"

Suppose you want your child to begin making her bed. You might promise to take her to the zoo on Saturday if she makes her bed every day for a week. Getting a reward after making her bed each day for a week would make her want to continue to do things to earn rewards. Next week you might reward her with another trip to the zoo or something else she would like. Pretty soon she's in the habit of making her bed, and you can stop rewarding her for that and begin to reward her for something else.

You probably have already used rewards in this way to motivate your child to do things that were important.



### **Aren't there other ways besides giving rewards to get a child to do something? What about just reminding her of what she should do?**

Yes, there certainly are other ways to get a child to do something, but a reward system like this is one of the most powerful ways to help a child learn new behaviors—especially when combined with lots of praise.

Earning rewards and giving praise are positive ways to motivate a child. Both are based on positive parenting skills that you will learn more about later in the program. They work better than negative messages about losing weight or nagging a child to do the right thing.



Rewards for progress along the way will help your child make healthy lifestyle changes.



## What's so great about praise?

Children often get told what they are doing wrong or what they ought to do. But quite often they don't get told how proud their parents are for the good things they are doing. But children - even teenagers - are eager to hear that their parents are proud of them.

Because it's so powerful, praise is one of the positive parenting techniques that the TLP is build around. It's easy, it's cheap, and it's effective. When praise and the Reward Program are used together, they are even more powerful. You will learn more about praise in Chapter 5.



## Why should I reward my child for losing weight? Isn't losing weight its own reward?

Rewards are important to help get your child going.

Losing weight is not its own reward. If it were, people wouldn't be so overweight.

Even if your child loses weight, he will need your help and support. He will need praise, encouragement, and your active participation. You will also need to make sure that you have made your home a healthier environment.

Here's why.

It's hard for kids to stick to a program that takes a lot of work. It is even harder when their friends aren't doing it.

No one around your child may care about healthy eating. You and your family may be the only support your child gets for making healthy lifestyle choices.

Rewards may be especially important later, after your child has lost some weight and is trying to keep it off. Keeping weight you've lost off can be difficult.

Did you know that many people who lose weight regain it within months? It's true.

They make progress. They feel good about it. Then they stop doing the things that helped them lose weight in the first place.

This would never happen if losing weight were its own reward.

They stop because it is hard to keep up changes if you don't have rewards as you go along.





Besides, it's too important to take any chances. Losing weight isn't just about appearance. It's about being healthy for life. It's about taking care of diabetes.

There is one other thing.

Don't think of it as you rewarding your child. Think of it as your child earning rewards. Think of how hard your child is trying to do the right thing. Trying hard to live a healthier life. Remembering this might make you feel good about the rewards your child is earning.

## Points and Rewards

### **PARENTS ASK:** How does the points and rewards system work?

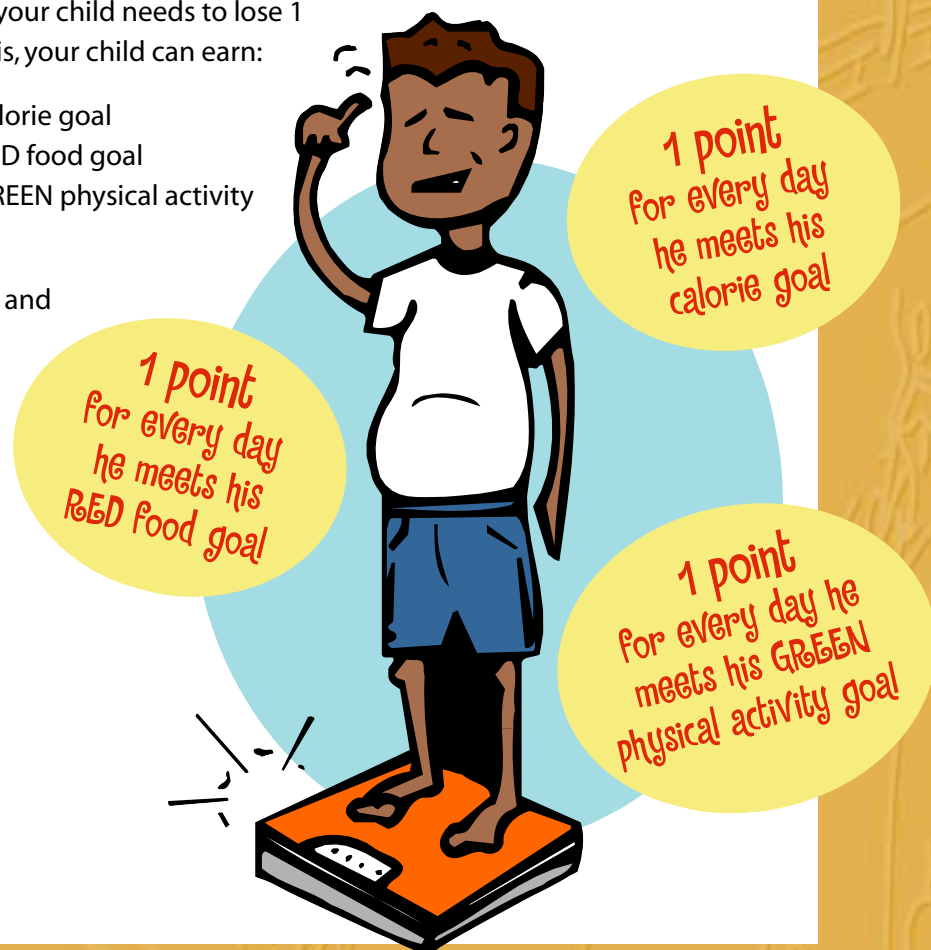
Your child needs to bring his Lifestyle Log to each session so that the PAL can review his goals.

Your child can always earn 1 point for every day that you have a family meeting. Points for having a family meeting do not depend on anything else.

To be eligible for the rest of the points, your child needs to lose 1 pound each week. If your child does this, your child can earn:

- ▶ 1 point for every day he meets his calorie goal
- ▶ 1 point for every day he meets his RED food goal
- ▶ 1 point for every day he meets his GREEN physical activity goal

That means, if he does all the behaviors and attends family meetings, he could earn up to 4 points a day. That means it's possible for your child to earn up to 28 points each week—more than enough for a small reward!



## Earning Points Day-By-Day

- ▶ Whether or not your child loses weight, your child can earn 1 point every day by:
  - ▶ Having a family meeting
- ▶ In order to earn other points, your child must lose 1 pound each week. If your child does this, your child can earn 1 point for each day by:
  - ▶ Meeting her calorie goal
  - ▶ Meeting her RED food goal
  - ▶ Meeting her GREEN physical activity goal

If you do a good job having family meetings each day, your child will get on track and soon begin to lose weight.

### PARENTS ASK:

**If earning points for making lifestyle changes is so important, why do so many of the points depend on losing weight? Wouldn't it be enough just to get points for doing the behaviors?**

Good question. Doing the behaviors is really, really important. Because changing lifestyle behaviors leads to weight loss, losing weight shows that a child is really changing key behaviors. It's also something that can be measured. It's objective evidence that your child is really making the changes that are written down in his Lifestyle Log.

Because earning points depends on weight loss, your child has a reason to do the changes *consistently* every day. Research shows that this works better for losing weight than earning points for just doing a behavior. Children lose more weight because they have something special to work for when they meet their goals the end of the week.

Losing weight will also help your child feel good about himself. He can point to the weight he has lost and say, "I did that. It was hard, but it's something I can feel proud of."

### PARENTS ASK:

**If it's so important that earning points depends on losing weight, why should my child earn points for having family meetings even if she does not lose weight?**

Another great question. Making important lifestyle changes really depends on you and your child working together as a team. A child can't do it alone. The family meeting is the best way that you and your child can plan how to go about meeting these goals. If you do a good job having family meetings each day, your child will get on track and soon begin to lose weight. It also gives you a chance to practice some positive parenting techniques that you will be learning in the program.

### PARENTS ASK:

**Who keeps track of the goals my child meets and the points she earns?**

Your child is in charge of keeping track of the goals she meets. She needs to write them down in her Lifestyle Log and add them up each week. If she loses weight, she will earn points for each daily goal she meets.

Your PAL will go over these goals every week and keep an official record of all the points and rewards your child earns. Your PAL will also check each week to see that your child has received the reward she has earned.

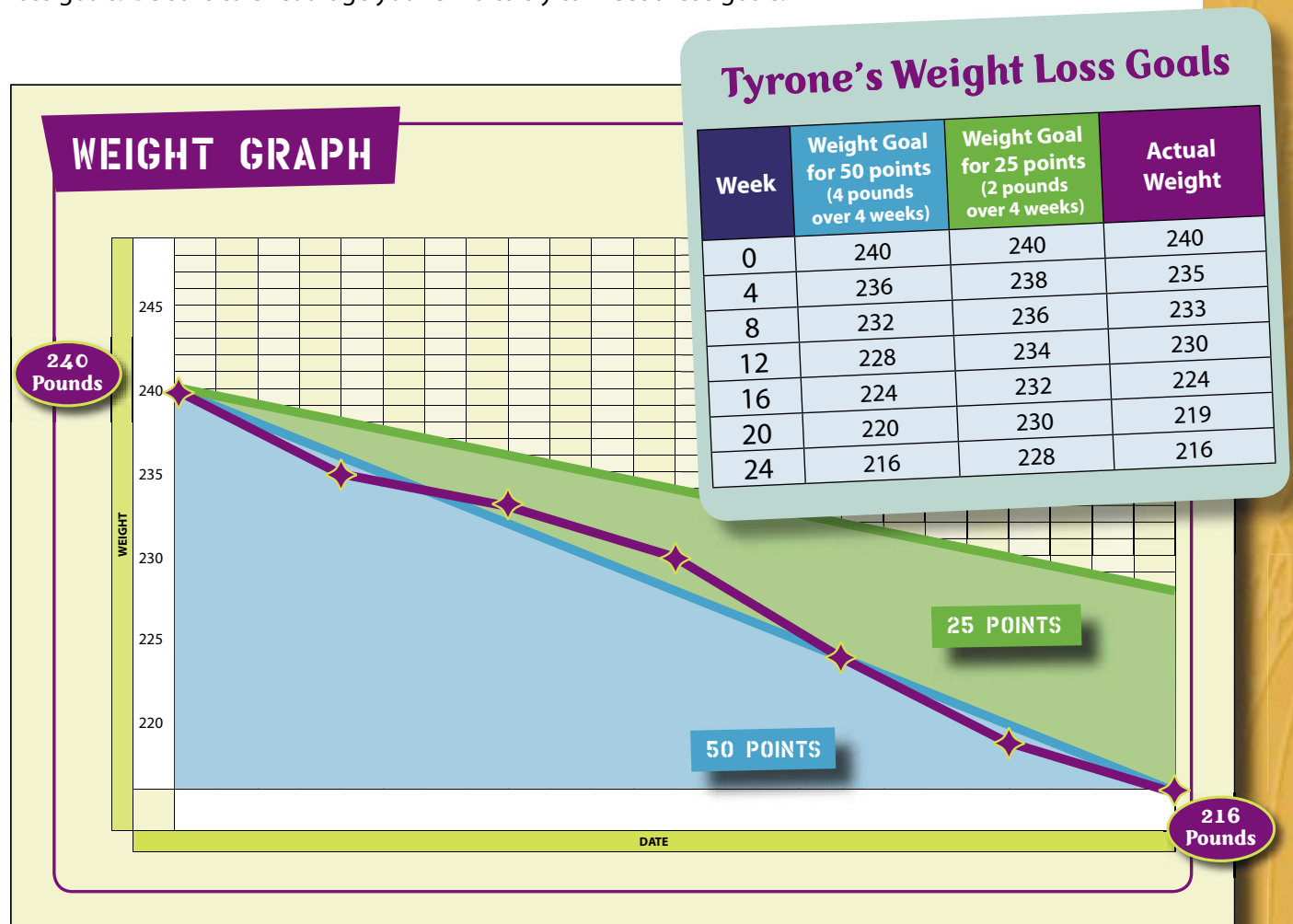
## Earning Monthly Bonus Points

In addition to the rewards your child can earn by meeting daily goals for changing lifestyle behaviors, she can also earn bonus points by meeting monthly weight loss goals.

Every 4 weeks your child will have a chance to earn 50 bonus points by losing 4 pounds over the 4 weeks, or 25 points for losing 2 pounds over the 4 weeks.

Your child can add these monthly bonus points to the other points she has earned. Then she can use all these points to select rewards you and your child have agreed upon.

Your PAL will give you and your child a chart with her monthly weight loss goals. Be sure to encourage your child to try to meet these goals.



## Map Out Your Child's Weight Loss Goals

How much does your child weigh now? \_\_\_\_\_

How would you feel if your child lost 24 pounds in 6 months?

\_\_\_\_\_

\_\_\_\_\_

How much would your child weigh then? \_\_\_\_\_

Do you think your child can meet this goal?

\_\_\_\_ Yes

\_\_\_\_ Maybe

\_\_\_\_ No

Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### Why give bonus points? Isn't this rewarding a child twice for the something?

No, it's not rewarding your child twice for the same behavior. Your child first earns points for the behaviors that help her lose weight. Then she earns bonus points for keeping the weight she has lost off.

Bonus points are important because they help your child keep the weight she has lost off. Without being able to earn bonus points, children often regain the weight they have lost. Then they lose it again. Their weight stays about the same because they keep gaining and losing the same few pounds.

### Create a menu of possible rewards for your child



Your PAL will give you a list of many possible rewards your child can earn. These rewards have worked for other families. Some may suit your child. It's a long list, but it's a good way to get you thinking about the rewards that might work for your child.

Check off the rewards that you approve for your child and add other rewards your child might like.

Assign point values for every reward: 25 points for small rewards, 50 for medium rewards, and 100 for big rewards. If your child is doing a really good job, earning a small reward should take 1 to 2 weeks. Earning a medium reward should take 2-3 weeks, and it should take about a month to earn a large reward.

Talk about the list with your PAL. After you and your PAL review the list of rewards you have selected, your PAL will prepare your approved list of possible rewards to talk about with your child.

## Planning rewards your child can earn



### Won't giving rewards spoil my child?

Parents sometimes worry that rewards will spoil their child. It's a fair question. Why should children be rewarded for doing what they know is right?

Losing weight is hard. It takes a lot of work. It involves changing some habits your child may have had all her life. Your child will need a lot of support to make changes that are difficult.

Your child will need your help if she is to succeed. She will need your help to change the environment at home. She will need your encouragement. And she will need you to help her earn rewards that will encourage her to keep going.

But you can do several things to make sure your child does not get spoiled.

First of all, don't give in to pressure. Don't agree that your child can earn something you would normally not want her to have. Don't agree to give things that are too expensive.

If you do agree with a reward that will cost you money, make sure that you make it worth enough points so your child really has to work for it. Don't be pressured into giving away something that's expensive for only 25 or 50 points.

Speaking of pressure, never give a reward that your child has not earned. That would really be spoiling your child. Close isn't good enough. Your child needs to know where she really stands. Rewards must be earned, not given out. Each week your PAL will help you decide what rewards your child has earned. Help your child select rewards that are good for her, rewards you approve.

Why should your child earn bonus points for keeping the lost weight off?  
Because losing and keeping weight off is hard work—and it's an important way to manage diabetes.



## **What types of rewards are good to give, and what should we avoid?**



Try to put a lot of wholesome activities on the reward list. Select activities you want your child to do – like spending time with you, going for walks or hikes. Besides spending time with you being active, other good rewards are family activities, activities with friends, and earning special privileges at home.

Don't use something that you intend to give your child anyway as a reward. If you plan to buy your child new clothes for school, go ahead and do it. Don't make it a reward.

Avoid rewards having to do with the television, video games, and the computer because they would encourage your child to be sedentary. Sitting around makes it more difficult to lose weight.

Try not to use money as a reward, and don't use large, costly gifts or activities as rewards. This can get expensive for you, and it sends the wrong message. It's better for children to learn that getting special privileges or doing special things with others are the rewards for acting responsibly.

When thinking about it, be careful about rewards that don't appear to cost money but really do. For example, a sleepover has hidden costs for snacks and possibly meals. Some outings to zoos and museums can also be expensive. However, you may be able to find less expensive or free events in your community. Talk with your PAL about this.

Keep in mind your family's schedule, time, and commitments. If something is just too difficult to schedule or would be disruptive to the routines of other family members, don't put it on the list of possible rewards.

## Tyrone's Wish List

The parents of one boy in the TLP made a list of many rewards that they thought he would like. They gave him the menu of possible rewards he could choose from, and Tyrone thought he would work very hard for many of the rewards.

Tyrone did not choose to put all of the possible rewards picked by his parents on his Rewards Chart. He was not as interested in getting sunglasses or art supplies as his parents had thought, so he did not put on his Rewards Chart. He knew he could always add them later if he wanted.

Tyrone wanted to add some other rewards. His parents agreed with some of the rewards he wanted to add. But they thought some rewards would not be very practical or appropriate, and some would cost too much.

For example, Tyrone wanted to have 5 friends spend the night at his house. Tyrone's parents explained that there was really not enough space for 5 extra people to sleep over, and that feeding this many extra friends would also be expensive. However, they agreed that he could have 3 friends stay overnight.

Tyrone also wanted to go to a professional football game. His parents said that going to a professional football game would be too expensive, and they just couldn't afford it. After talking about it, they agreed that he could attend a professional baseball game with a friend. That, they said, would be more affordable.

Tyrone asked for a cell phone as one of his rewards. Tyrone's parents did not think it was a good idea for him. They pointed out that cell phones were expensive and that talking on the phone often distracted teens from doing more important things. Tyrone was disappointed, but he understood that his parents had good reasons for all their decisions.

Possible Rewards	Point Value	Tyrone Agrees
<b>Educational Activities</b>		
Spending a day at the museum	100	OK
Trip to bookstore to purchase a book	50	OK
<b>Family Activities</b>		
Camping trip with the family	100	OK
Family bike ride to someplace new	25	OK
Helping Dad work on car	25	OK
Playing board games with family	25	OK
<b>Friends</b>		
Going bowling	25	OK
Going to a movie with friends	50	OK
Having a sleepover for 3 friends	50	OK
Staying overnight with a friend	25	OK
Visiting the mall with friends	25	OK
<b>Local Attractions and Cultural Events</b>		
Horseback riding with Mom and friend	100	OK
Trip to the zoo	50	OK
Tubing on the river	100	OK
<b>Special Privileges at Home</b>		
Choosing a movie for the family to watch	25	OK
Earning a "coupon" to skip chores for a day	50	OK
Extra time on phone to friends	25	OK
Getting art supplies	50	
Getting a fish for his aquarium	50	OK
Getting a new basketball	100	OK
Getting new sunglasses	50	
Redecorating his own room	100	OK
Staying up late on non-school day	25	OK
<b>Sporting Events and Special Activities</b>		
Attending a professional baseball game	100	OK
Visiting an amusement park	100	OK

25 Point Rewards	Date Reward was Earned
Choosing a movie for the family to watch	
Family bike ride to someplace new	
Going bowling	
Helping Dad work on car	
Playing board games with family	
Staying overnight with a friend	
Staying up late on non-school day	
Visiting the mall with friends	
Extra time on phone to friends	
50 Point Rewards	
Getting a fish for his aquarium	
Going to a movie with friends	
Having a sleepover for 3 friends	
Trip to bookstore to purchase a book	
Trip to the zoo	
Earning a "coupon" to skip chores for a day	
100 Point Rewards	
Attending a professional baseball game	
Camping trip with the family	
Getting a new basketball	
Horseback riding with Mom and friend	
Redecorating his own room	
Spending a day at the museum	
Tubing on the river	
Visiting an amusement park	

## Tyrone's Rewards Chart

Tyrone wrote down all the rewards he and his parents had agreed on. Although he was disappointed that he could not get a cell phone or go to a professional football game, he understood why his parents did not approve those rewards. He was pleased because he had plenty of rewards that he could earn, including a sleepover for 3 friends and a chance to go to a professional baseball game. He knew he would work hard to earn rewards on his list. He told his friend that he was sure of what he would claim for his first reward—going for a bike ride with his family to a new place.





## Why should my child pick rewards? I could just decide.

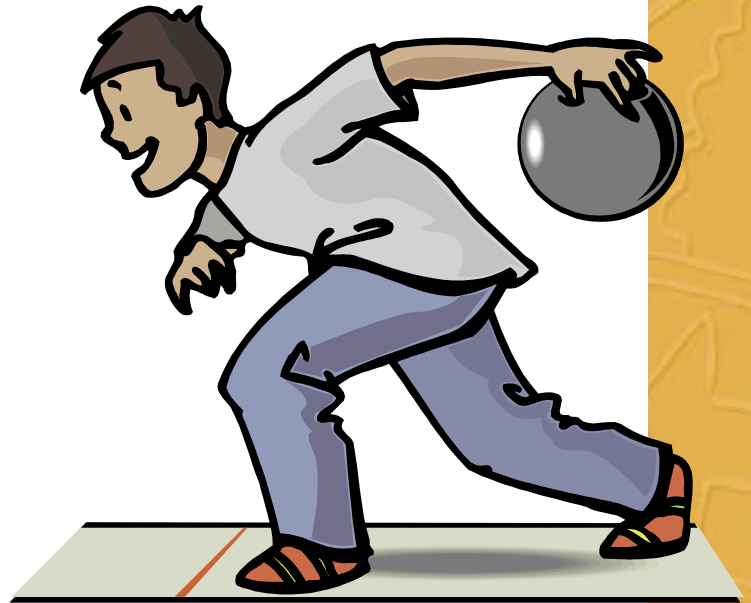
Each person is different. What may be a reward for one person may not be for someone else. What motivates one child may not motivate another.

You want to **motivate your child**.

So it's really important that you **offer rewards your child wants to work for**. That's why your child needs to pick some rewards that he would like.

Of course, you have to approve the rewards. That's why you picked the rewards to put on your child's menu of possible rewards.

Earning rewards along the way for making lifestyle changes reminds your child that good things come from making lifestyle changes. When you praise your child for earning points, you are really praising your child for making progress.



## Making a Rewards Chart



### How do we go about making a Rewards Chart?

Check rewards you want to give your child on the list your PAL gives you. Feel free to add your own ideas too.

Give your child the list of possible rewards and encourage her to pick rewards that she likes.

Encourage your child to include more activities than things. You want your child to be rewarded by getting to do things, not just by getting things.

After you have agreed on some rewards, you and your child need to decide how many points it takes to earn each reward. Make sure that there are some rewards your child could earn in a week or so, some that might take several weeks, and a few that would take a month or more.

Try to make it fun. And let your child know that it doesn't have to stop here. You can keep adding to the Rewards Chart whenever you get new ideas that you can both agree on.



## Making a Rewards Chart

At a family meeting, review the rewards your child has picked from the menu of possible rewards you gave him. Tell your child to put his initials or mark OK next to each reward that he would like to include. If your child has some other ideas as well, listen to his suggestions. If you agree with your child about a suggestion, put it on the list. If you do not agree, talk about it with your child and see if you can change it to something you all agree on. Be sure not to add a reward you do not agree with.

After you and your child have agreed on a reward and its point value, your child can write it in his TLP Rewards Booklet. This will be the your child's official Rewards Chart.



One other thing. Don't use food as a reward. Sometimes parents don't realize this and say things like this: "You can have ice cream after you clean your room."

Rewarding children with food is not a good idea for several reasons. The food used as a reward is often not healthy. Using food as a reward encourages overeating. We want kids to eat healthy foods when they are hungry.



### What should I do when my child wants a reward I can't give?

Be honest about your reasons.

Be honest, but first listen and try to help your child think it through with you.

Ask your child to break the reward into all its parts. How much time would be involved? How much would it cost? What are the hidden costs? Would transportation be involved? What could go wrong?

Ask why your child wants the reward. What's most important about what your child wants? Is it really a chance to do something special with his friends, or does he really want to see a professional football game? Would it be OK to go to a game with you and not take his friends? Or would he rather arrange something else to do with them, something you approve of?

If the reward would take too much of your time, money, or energy, say so. This is the honest part. You have limits, too, and your child needs to learn to respect them.

If you think that a reward that your child wants is inappropriate for a child his age, hold firm.

But don't get angry if your child tries to argue with you. Stay calm. Be matter-of-fact. But be firm about your limits.

Then suggest that your child think about some smaller, more practical rewards. Explain that you want your child to get rewards frequently, so the choices need to be realistic.

Don't forget to praise. Praise from a parent is one of the best rewards a child can get. It's free, easy to give, and can be given over and over. Kids never tire of hearing, "Good job!"

**PARENTS ASK:** **When should I give my child a reward?**

As soon as you can after you, your child, and the PAL agree that your child has earned it.

It's important to do it quickly because that's what will motivate your child to keep working hard. If a reward is delayed too long, your child will probably get discouraged and may not believe that you are really going to do it.

Of course, you should never give a reward until your child has earned it. That would defeat the whole purpose of giving rewards for making lifestyle changes.





### **What should I do if my child misbehaves in some other way after earning a reward? I don't want to reward misbehaviors.**

You're right. You shouldn't reward misbehavior.

But you also want to be consistent about using the TLP Rewards Program. To make it work, it's important that if your child earns points by doing healthy behaviors, then she receives every reward she earns in the TLP program. Even if she misbehaves in other areas of her life, like getting along with her brother or doing chores around the house.

So if your child does something wrong in another area of her life, don't cancel her TLP reward. Be clear that you are rewarding her progress in meeting goals for eating and physical activity. But find another way to deal directly with the misbehavior. You can learn more about setting consequences by reading Chapters 5 and 17.



### **What should I do if my child wants to change some of the rewards on the chart? Is this OK?**

It sure is. In fact, it's a great idea.

Your child's interests will change as your child matures, as the seasons of the year change, as friendships and interests change. You want your child to have the best possible list of rewards to pick from because you want these rewards to help motivate her to continue making healthy lifestyle changes. This means the Rewards Chart will need to change to keep up with your child's changing interests.

We suggest that you and your child update the Rewards Chart every two or three months. Of course, a lot will probably stay the same, but not all of it.

The rules remain when you update the Rewards Chart. You and your child must both agree on every reward and its point value in order for it to be listed on the chart. If you cannot agree, it cannot be a reward.



*Please write any questions you have for your PAL in the space below.*

A blue notepad with rounded corners and horizontal lines for writing. The notepad is positioned in the center of the page, slightly tilted. The lines are evenly spaced and extend across the width of the notepad.



