

# Writing a Revision Contract

## Guidance Notes for Parents

- It is important that it is written down, not just a 'conversation', and that it is put on the wall somewhere to remind everyone. It's easy to 'forget' the exact details of a conversation.
- Install a Parent Control app on phones/iPads– it will give you control.
- Writing the contract should come AFTER a conversation – write it TOGETHER with your child. Do not decide the details 100% in advance, be a little bit flexible.
- **DO** decide in advance what the 'non-negotiables' are - the things that you are **absolutely insisting on**. If playing a particular computer game is what gets in the way of good homework habits, decide IN ADVANCE of the conversation, that ALL game access depends on following the terms of the contract. However, you may decide that the exact details of where homework is done and the time it is done are more flexible and you can listen to your child and take their opinions into account. It is important that you know what your 'bottom line' is – but also that your child feels they are listened to, at least to some extent.
- Think carefully about what the incentives can be – it does not need to be money, it could be giving that child priority or choices in all sorts of small ways. Food is always a good one! But remember, although they might not admit it, you NOTICING and praising regularly, every time they meet any little bit of the contract without nagging, is really important and they DO want those positive messages even if they don't show it.
- Remember that it will not work like a magic spell – and it is hard to keep checking and to stick to a contract. You will have moments when you may want to give up – DON'T. You are balancing lots of things in your life and it will be hard to keep on top of everything. If things go wrong don't worry, it's normal. And don't give up - start again. Reprint the contract and tell your son/daughter that yes, you took your eye off the ball – but it's not over, and you are back on it....