FIRST: THEN:

First: you will put the task your child is having trouble completing.

For Example:

First, let's do our worksheet

First, let's brush our teeth

First, let's eat our dinner

Then: you will put the thing that your child would like to earn after they finish their task

For Example:
Then, you can go play outside
Then, you can have your tablet
Then, you can have a skittle