



A work contract, not a work improvement plan

# Reinforcement

## What is Reinforcement?

### Reinforcement Is:

Anything that increases the likelihood that an individual will engage in the same behavior in the future

### Reinforcement Is Not:

Based on if we think we are giving something good (example: candy is not reinforcing to people who don't like candy)

## Isn't Reinforcement Bribery?

### Bribery

Given after a problem behavior  
Given to stop a problem behavior

### Reinforcement

Given prior to problem behavior  
Put in place before the problem behavior has a chance to begin

## When Implementing

1. Decide what task needs to be done
2. Decide what your child will earn for completing the task

Example:  
using reinforcement to rate and improve behavior throughout the day



## Types of Reinforcement

Reinforcement does not have to be money or a physical item  
Many things can count as reinforcers:



### Attention From parents and friends

- Playing a game together
- Uninterrupted time with a parent
- Helping a parent with a task or activity
- Going for a walk together
- Verbal praise/recognition
- Physical touch (hugs, high fives, fist bumps)
- Phone calls to grandparents
- Calling/talking to friends
- Posts on social media



### Activities Special privileges and events

- Electronics
- iPad
- Video Games
- Family movie night
- Family game night
- TV
- Playing outside
- Playing in the water
- Painting/craft activities
- Access to social media
- Watching YouTube



### Escape A free pass to get out of nonpreferred tasks

- Reduction in chores (one free day)
- Reduction in assignment (only required to complete half)
- Free assistance in completing a task
- Removal of nonpreferred activity



### Tangibles Physical Items

- Favorite Toys
- Games
- Special treats
- Dessert
- Candy
- Snacks



## Post Reinforcement Pause

Following the rules is hard and children's performance is sometimes inconsistent

### Post Reinforcement Pause

- A brief dip in performance or behavior immediately following reinforcement.

### What it means:

- After receiving reinforcement, your child may need a break from working

### What it does not mean:

- That your behavior plan is not working

### What can help:

- Vary your reinforcers or provide several reinforcers for your child to choose from.
- Have child work towards little rewards instead of one big goal
- Vary the frequency of rewards (wheel of rewards, draw popsicle sticks)

## Increasing the Value of Reinforcement

- You do not have to give unlimited access to a reinforcer
- Allowing unlimited access to reinforcers lowers motivation
- Think about this: what are your child's responsibilities and what are their privileges?

## Privileges vs Rights

### Rights

- Cannot be taken away
- Food, water, shelter, love, education, safety

### Privileges

- Earned, and access can be taken away
- Toys, electronics, events, activities

## Reinforcement Systems

- Token Economies
- Level Plans

