

What do I use to reward good behavior?

Finding Reinforcers

Younger Kiddos

1. Observe them

Watch how they play with toys, what they choose to play with at others' homes, museums, play places, etc.

2. Make a list

You write down things or activities you think they would like to earn as a reward.

3. Ask them

What do you want to earn? What do you like the most?

Big (Cool) Kids

1. Observe them

Watch what they do with their free time, what they look at online, what they talk to their friends about, what they ask you to buy.

2. Make a list

Make a list together or have your child make a list of things or activities they would like to earn as a reward.

3. Ask them

How can I show you how much I appreciate you? Rate these reward options.

Tips

- ✓ Don't spend a ton of money!
- ✓ Activities to do alone or together
- ✓ Extra time to do what they like.
- ✓ If they want big, expensive things- make a plan and include smaller rewards along the way.
- ✓ Get creative!

Learn more about

Finding Reinforcers

Recommended Easy Reads:

1. <http://www.parentingwithaba.org/2017/09/06/how-can-parents-find-effective-reinforcers/>
2. <http://www.parentingwithaba.org/2017/09/03/how-to-find-effective-reinforcers/>
3. <http://www.parentingwithaba.org/2015/09/18/cheap-free-reinforcer-ideas/>

Legit Research References

Carr, J. E., Nicolson, A. C., & Higbee, T. S. (2000). Evaluation of a brief multiple-stimulus preference assessment in a naturalistic context. *Journal of Applied Behavior Analysis*, 33(3), 353-357.

Cooper, J.O, Heron, T.E., & Heward, W. L. (2014). *Applied behavior analysis*. Pearson Education International.

DeLeon, I. G., Fisher, W. W., Rodriguez-Catter, V., Maglieri, K., Herman, K., & Marhefka, J. M. (2001). Examination of relative reinforcement effects of stimuli identified through pretreatment and daily brief preference assessments. *Journal of Applied Behavior Analysis*, 34(4), 463-473.