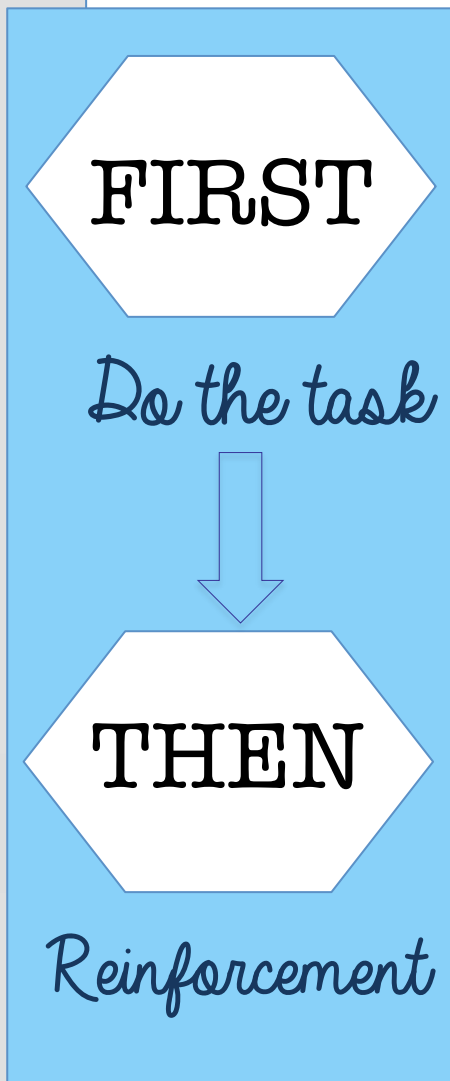


The Premack Principle



- ✧ Also known as Grandma's rule.
- ✧ Say out loud the contingency in place.
- ✧ First- the task at hand. What behavior, job, task, action is required of your child right now?
- ✧ Then- the reinforcer. What reinforcer will you provide for your child as soon as they complete the task?
- ✧ Only one at a time. Don't script out things that are happening in order.

Use consistent language.
Always say it the same way.

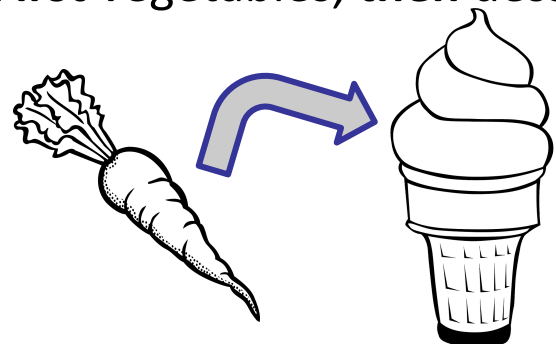
"First _____, then _____."

Try it with visuals!

First brush teeth, **then** screen time.



First vegetables, **then** dessert.



Learn more about

The Premack Principle

Recommended Easy Reads:

1. <http://www.parentingwithaba.org/2015/03/03/the-premack-principle/>
2. <http://www.ustream.tv/recorded/105305531>
3. <http://www.bsci21.org/when-first-then-isnt-working/>
4. <http://www.parentingwithaba.org/2015/05/06/ways-i-used-aba-as-a-mom-this-week1/>

Legit Research References

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Homme, L. E., Debaca, P. C., Devine, J. V., Steinhorst, R., & Rickert, E. J. (1963). Use of the Premack principle in controlling the behavior of nursery school children. *Journal of the Experimental Analysis of Behavior*.

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