

Token Economy

In a real economy, we do a job to earn money. Then we exchange that money for the things we want (and need, but let's focus on the fun stuff here).

The definition of a token economy is: 'a behavior change system consisting of three major components: (a) a specified list of target behaviors; (b) tokens or points that participants receive for emitting the target behaviors; and (c) a menu of backup reinforcer items.'

How to start:

1. List target behaviors. Make this short & sweet. What CAN your child do? Prioritize
2. Give something for doing those things. A sticker, a point on a points sheet, a marble for a marble jar, you name it!
3. Have some good reinforcers that your kiddo(s) can get by exchanging their tokens.

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Tips & tricks:

- ❖ Make sure the backup reinforcer- the reward- is a good one!
- ❖ Give tokens often, regularly, and consistently. The more the merrier when it comes to tokens!
- ❖ Catch them being good as often as you possibly can and reward with a token AND some verbal praise!
- ❖ Make sure your child knows why they got each token.



Learn more about

Token Economies

Recommended Easy Reads:

1. <http://www.parentingwithaba.org/2015/04/06/token-economies-for-moms/>
2. <http://www.bsci21.org/babys-first-sticker-chart/>
3. <http://www.parentingwithaba.org/2017/08/03/survive-id-rather-thrive/>

Legit Research References

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