

Pairing

(making un-fun things more fun)

- ✧ When you pair a difficult activity, object, task, routine with something that is reinforcing to your child, the reinforcing properties can transfer onto the task.
- ✧ This means: you can make those super hard activities easier by pairing them with something you know is reinforcing to your child.
- ✧ Over time, the un-fun thing won't be such a big deal anymore.

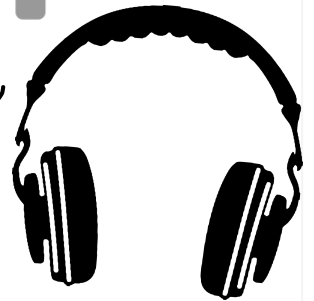
Pair a difficult task with a known reinforcer.

Be consistent. Do this every time!

Stick with it until the initial problem decreases.



Listening
to
music



Hint: music is a super easy thing to pair with!

Examples

Music + diaper changes
Sing your child's favorite songs every time. Make the time on the changing table more reinforcing!

Favorite topic + answering questions
Instead of pulling teeth to have a conversation about something that interests you- try talking about your child's favorite topics instead.

Learn more about

Pairing

Recommended Easy Reads:

1. <http://www.parentingwithaba.org/2015/02/27/pairing/>
2. <http://www.parentingwithaba.org/2016/03/22/making-un-fun-things-more-fun/>
3. <http://www.iloveaba.com/2013/05/pairing.html>
4. <http://www.iloveaba.com/2013/05/pairing.html>
5. <http://www.behaviorbabe.com/presessionpairing.htm>

Legit Research References

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