

The Disciplinarian

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- You set high standards and expect your child to meet them.
- High expectations are a good thing! Let's use positive methods to get there.
- Now it's time to TEACH your child HOW to meet those expectations and then REINFORCE when they do well.
- Learn alternatives to punishment.

Behavior management plan/ tips for YOU:

Use a structured system of reinforcement to increase desired behaviors.

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.'

1. List target behaviors. Make this short & sweet. What CAN your child do? Prioritize. Tell your child.
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. Don't take away tokens, they can just try again to earn more after making a mistake.
4. Have some good reinforcers that your kiddo(s) can get by exchanging their tokens.
5. Make the goal achievable and have fun with it!

My Reward Chart				
★	★	★	★	

- Clearly define the behaviors you want to see more of in the future! Short and to the point for your child to understand.
- Catch them being good & give lots of positive reinforcement!
- Change up the reinforcement & make sure it's something your child is in to!

