## The Disciplinarian

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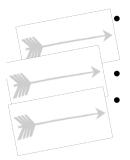
- ➤ You set high standards and expect your child to meet them.
- High expectations are a good thing! Let's use positive methods to get there.
- Now it's time to TEACH your child HOW to meet those expectations and then REINFORCE when they do well.
- Learn alternatives to punishment.

Behavior management plan/ tips for YOU:

Use a structured system of reinforcement to <u>increase</u> 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.
- Have some good reinforcers that your kiddo(s) can get by exchanging their tokens.
- 5. Make the goal achievable and have fun with it!



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!

