

Turn it Positive

Understand positive reinforcement

Identify specific behaviors to build up

Reinforce those behaviors!

Watch to make sure they increase

Keep focusing on the positive behaviors!

Positive reinforcement:

- ✓ Immediately follows a behavior
- ✓ Something is added to the environment
- ✓ The behavior increases in frequency in the future

Behavior(s) to build up:

- ✓ Observable
- ✓ Measurable
- ✓ Anything we do, say, think

Reinforcement:

- ✓ Behavior specific praise. Tell them what they did well!
 - ✓ “I like how you _____!” “Thank you for _____!”
- ✓ Find opportunities to reinforce. Catch them being good. Watch for those desired behaviors.
- ✓ Create opportunities to reinforce. Can’t catch anything good? Create it! Set it up and prompt your child to do the desired behavior(s). Then reinforce those behaviors!!!
- ✓ Use “First __ (unfun thing) __, then __ (reinforcer/ reward) __.” Limit extra wordiness. Just “First __, then __.” Do this consistently and they learn to trust that you WILL follow through with the good stuff for the “then”.
- ✓ Use a structured reinforcement system like a token economy.
- ✓ Pay attention. If the good behaviors aren’t increasing- your rewards aren’t good enough. Make sure the desired behaviors are being strengthened!