Token Economy
Positive Reinforcement System

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.

Tips:

- 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 them with a token AND some verbal praise!
- Make sure your child knows why they got each token.
- Se the bar low to start out- not too many tokens to exchange for the backup reward. You can raise it on the next round.
- Ask your child what they want to earn, what they want the system to look like- anyhtting that they can choose for themselves.

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Token Economy
What can it look like?

Sticker charts
- Printables here:
  - https://www.stickersandcharts.com/
  - https://templatelab.com/reward-charts/

Phone apps
- There are a ton out there, here are just a few ideas.
- Stickerpop!
- GamesKeeper
- iReward
- ChoiceWorks
- ChorePad

Physical jar
- Marbles or puff balls or other small trinkets in a small jar

Puzzle
- Cut up a picture of the reward into puzzle pieces. Give one piece at a time for your child to make the picture of the reward.

Extra resources:

https://www.parentingwithaba.org/token-economies-for-moms/

https://www.parentingwithaba.org/babys-first-sticker-chart/

https://www.parentingwithaba.org/summer-reset/

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