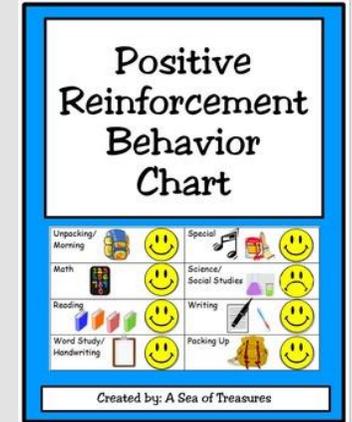


Positive Reinforcement and Token Economies

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November 13, 2024

Tiegerman Preschool at Far Rockaway



What is Positive Reinforcement?

- Rewarding desired behaviors to increase their occurrence
 - Providing positive reinforcement can help encourage children to engage in positive behaviors throughout the day



Effects of Positive Reinforcement

- Helps to highlight children's individual strengths and encourages motivation
- Teaches children expectations for different settings
- Creates a more positive environment
- Enhances self esteem



Types of Positive Reinforcement

- Verbal
 - “Great job sitting in your seat,”
 - “ I love how you’re cleaning up”
- Non-verbal
 - High fives / thumbs up,
 - Hugs / tickles
- Edible
 - Giving a chocolate chip when the child cleans his toys
- Rewards such as stickers or prizes
 - Giving a sticker when the child follows instructions
- Access to toy/ activity
 - Letting the child make a project after he does his homework



Tips for Effective Reinforcement

- Be specific when praising your child so they know which behavior is being reinforced
- Use immediate reinforcement so your child can connect the behavior and reinforcement
- Make sure the rewards are meaningful to your child
- Catch the child being good
- Be consistent
- Be careful not to inadvertently reinforce negative behaviors



Positive Language

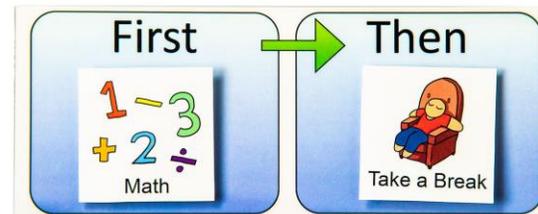


- Use positive language instead of negative language
 - Tell your child what they should be doing instead of what they should stop doing

<u>Instead of</u>	<u>Try saying this</u>
Don't run	Use walking feet
Don't hit	Use safe hands
Don't throw	Let's throw a ball

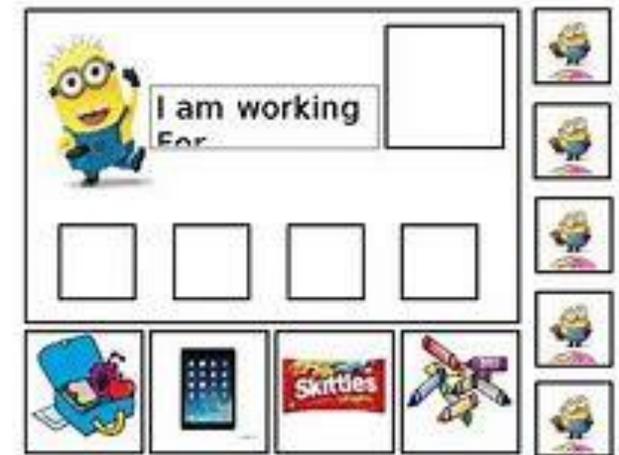
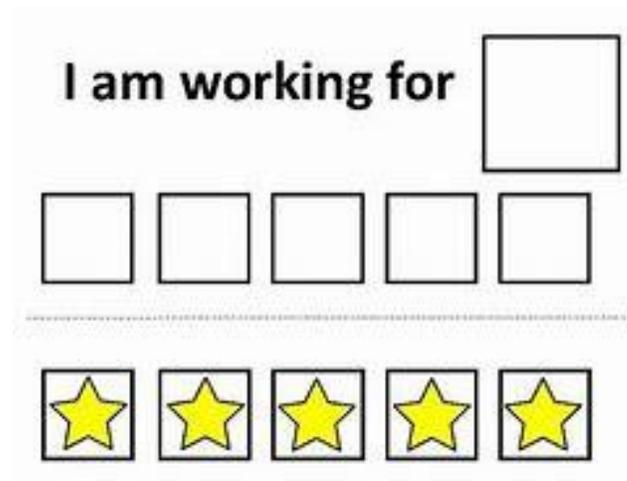
First, Then Language

- Using the desired activity as reinforcement to a non-preferred activity
 - e.g. “first do homework, then we get to play”
- Motivates the child to do a non-preferred task by working for a preferred activity
- Helps break down tasks
- Can be done using visuals or verbal prompts



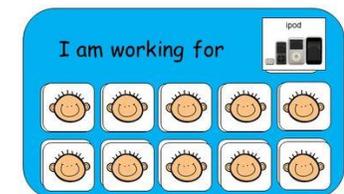
Token Board

- A token board is tool that is used to reinforce desired behaviors
- A chart where the child can earn tokens for positive behaviors and exchange them for a reward



Tips for Using Token Boards Effectively

- Never take away tokens that a child has earned
- Be consistent
- Only reinforce one specific behavior with the token board
- Provide specific verbal praise when giving a token



How to Make a Token Board

- Choose a behavior that you want to reinforce
- Determine a token amount that is practical for your child
 - Some children may need to earn prizes more frequently
 - Start with fewer tokens so your child earns the reward more often, then slowly add tokens
- Make the chart based on your child's interests
- Choose reinforcement that is meaningful to your child



Tokens

- Tokens are what the child can earn when he engages in the desired behavior
- The tokens are placed on the chart and can be exchanged for a reward when they earn enough
- If a child does not earn a token, explain to the child how/when he can earn a token next time
- Never take away tokens that a child has earned
- Give tokens right away when child does the desired behavior
- Choose tokens that your child is interested in
 - E.g. Paw patrol, princesses, cars



Reinforcers

- Choose reinforcement that is meaningful to your child
- Choose a few reinforcers and let your child choose what they want to work for
- Limit access to the reinforcement so the child does not get bored of it
 - Only provide the chosen reinforcement when your child completes the chart



Summary

- Provide consistent positive reinforcement throughout the day to encourage positive behaviors
- Make sure feedback is;
 - Immediate
 - Specific
 - Consistent
- Use positive language to place demands and set expectations
- Token Boards are a great tool to help increase positive behaviors and decrease negative behaviors

