

BEHAVIOR @ HOME

Power of Rewards

Rewarding the positive can make all the difference!

Presented by Michelle Heid, MA, BCBA

Hosted by Family Focus Resource Center



Power of Rewarding Positive Behavior

- ✓ Rewarding positive behavior is a powerful parenting tool
- ✓ Behavior that is rewarded will increase
- ✓ Encourages children to repeat the same behavior
- ✓ They learn to demonstrate the behaviors that are rewarded



Rewarding is not Bribing

- ✓ A reward is given following a positive behavior
- ✓ Bribes are often given in advance of the behavior
- ✓ Bribes are often offered under duress
- ✓ Might entail offering your child something you had no intention of giving before you were under stress



Teaches Kids Expected Behavior

- ✓ Rewards teach kids what behavior is expected
- ✓ Children learn through rewards and punishment
- ✓ The more we can reward positive behavior children learn what behavior is expected



Rewards vs. Punishment

- ✓ Punishment works in the moment to reduce challenging behavior
- ✓ Often only work when the punisher is present
- ✓ Research suggests that rewarding positive behavior has more long-lasting effect on behavior



Punishment

- ✓ Physical punishment is never recommended
- ✓ Punishment can include ignoring challenging behavior
- ✓ Punishment can include not providing what your child wants when they engage in challenging behavior



Behavior That's Rewarded Increases

- ✓ Don't ignore behavior that you want to see continue
- ✓ Behavior that is ignored may not continue



Types of Rewards

- ✓ Praise
- ✓ Positive gestures
- ✓ Parental attention
- ✓ Special activities
- ✓ Toys
- ✓ Food or treats



Types of Rewards

- ✓ For some kids it can be difficult to find something to reward them with
- ✓ May need to start with food rewards
- ✓ Pair these with praise and other reinforcers
- ✓ Slowly fade the food rewards in favor of other reinforcers
- ✓ Through pairing you can create other strong reinforcers



Giving Rewards

- ✓ Tone should match language
- ✓ Be specific with your praise
- ✓ Tell them exactly what they are working for
- ✓ Reward should match the size of the behavior
- ✓ Playing nicely = praise and a high five
- ✓ Playing nicely \neq Disneyland



Giving Rewards

- ✓ Provide rewards immediately following the behavior
- ✓ Closer to the behavior the better
- ✓ Delayed rewards may reinforce a different or challenging behavior
- ✓ Rewards reinforce the behavior that occurred just before the reward is given



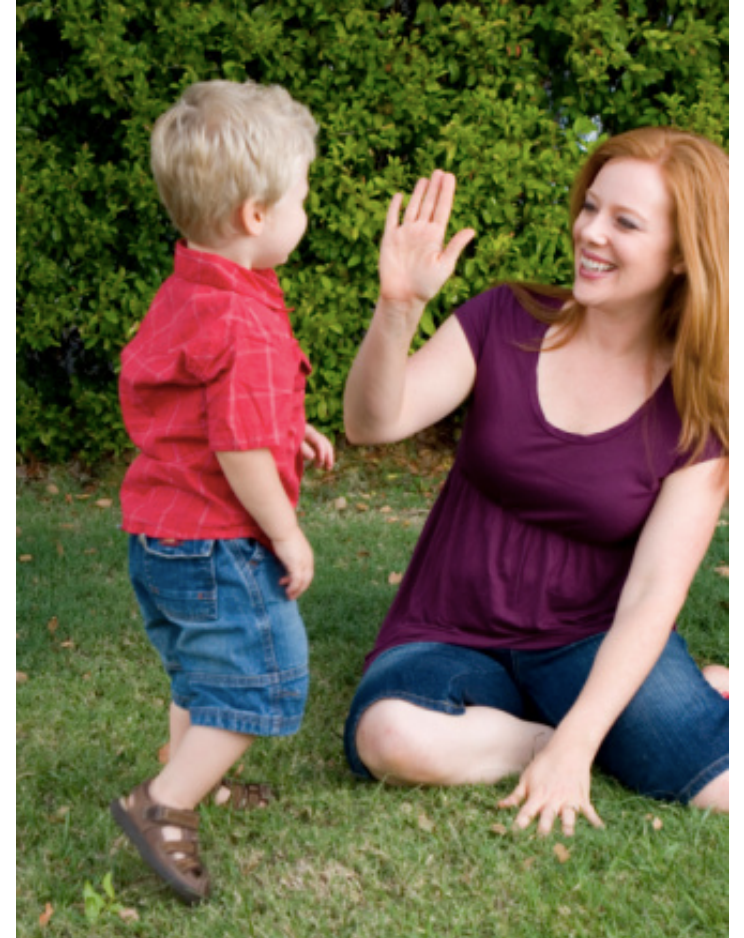
Not All Rewards are Created Equal

- ✓ What's rewarding for one child, may not be rewarding for another
- ✓ Choose items that are rewarding for your child
- ✓ Individualized for each child
- ✓ Use their interests



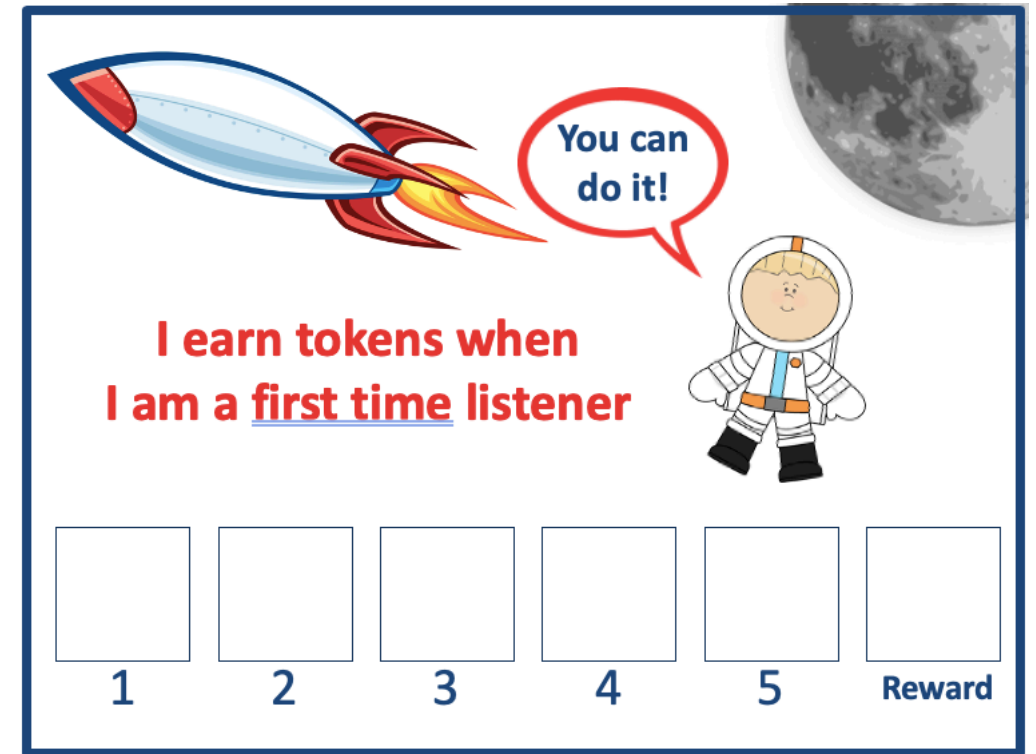
Catch Them Being Good

- ✓ When you notice positive behavior recognize it
- ✓ Small gestures or praise
- ✓ Take the time to acknowledge
- ✓ Let them know exactly what they are doing that you want to see continue



Token Charts

- ✓ Token charts can help break down a bigger reward into smaller parts
- ✓ Helps motivate a child during a difficult task
- ✓ Tokens themselves can be rewarding
- ✓ Use their interests



A chosen
reward goes here

I'm working for



Earned tokens are
placed into these spaces

  **I Can Do It!** I'm working for:



My name:



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You can do it!

I earn tokens when
I work hard.



Advanced Strategies

- ✓ Make a list of behaviors they are working on or can earn tokens for
- ✓ Review these with them before an activity or throughout the day
- ✓ Recruit others to provide praise and reinforcement (family)



Rewards for Older Kids

- ✓ Consider a chore chart – keep it simple
- ✓ Allowance
- ✓ Gift cards
- ✓ Parental attention
- ✓ Use apps to help an older child engage in positive behavior and stay focused



Rewards Can Involve the Whole Family

- ✓ Make rewards meaningful to your family
- ✓ Encourage other members of the family to reward with praise or to “catch them being good”
- ✓ Encourage other members of the family to become involved

Family Store	
Ticket(s) = Reward(s)	
1	= lollipop
3	= play dough coloring book bubbles
4	= glow sticks trip to park extra book at bedtime
8	= later bedtime pick what's for dinner
12	= play date
20	= sleepover go swimming
40	= medium valued new toy
60	= movie at theatre
80	= family trip to zoo family trip to museum

What if the Rewards Stop Working?

- ✓ Does the reward need to change based on their interests
- ✓ May need to try different rewards to find one that works
- ✓ Ensure that the reward is worth the amount of work and effort required from the child
- ✓ Does it take too long to earn?



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Thank You!!

Activities to Keep Kids Engaged at Home

June 3rd at 3:00pm

Presented by Michelle Heid, MA, BCBA

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**ADVANCED
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Helping people achieve success
through behavior change