



POSITIVE REINFORCEMENT



POSITIVE REINFORCEMENT

WHAT IS IT?

Positive reinforcement occurs when something is added to the environment, and in turn, causes the behavior to occur more in the future.

WHEN YOU GO TO YOUR JOB, YOU
EARN MONEY. IN THE FUTURE, YOU
KEEP GOING TO YOUR JOB.

MONEY IS THE POSITIVE
REINFORCER

EXAMPLES OF POSITIVE REINFORCEMENT

WHEN A CHILD COMPLETES THEIR
HOMEWORK, THE TEACHER TELLS
THEM "GOOD JOB." IN THE FUTURE
THE CHILD COMPLETES THEIR
HOMEWORK MORE.

THE TEACHER'S PRAISE IS THE
POSITIVE REINFORCER

WHENEVER A CHILD CLEANS THEIR
ROOM, THEIR MOM GIVES THEM A
BAG OF M&MS. IN THE FUTURE THEY
CLEAN THEIR ROOM MORE.

THE POSITIVE REINFORCER IS THE
M&MS

EDIBLE

ANYTHING YOU CAN CONSUME

- WINE
- CANDY
- SODA

THERE ARE 5 TYPES OF POSITIVE REINFORCERS

SOCIAL

THINK OF ATTENTION FROM OTHERS,
PRAISE, INTERACTIONS WITH OTHER
PEOPLE

- SOMEONE LAUGHING AT YOUR JOKE
- SOMEONE SAYING THANK YOU FOR
DOING THIS TASK
- SOMEONE GIVING YOU A HUG

ACTIVITY

OUR BODIES NEED MOVEMENT!

- SWIMMING
- RUNNING
- SPORTS
- TAG

TANGIBLE

PHYSICAL ITEMS OR ACTIVITIES

- MONEY
- TOYS
- BOARDGAME
- PAINTING

SENSORY

SOMETHING YOU DO TO ACCESS A CERTAIN FEELING
OR SENSORY EXPERIENCE

- TAKING A SHOWER TO FEEL CLEAN
- BITING YOUR NAILS WHEN ANXIOUS
- GETTING A MASSAGE
- SITTING ON THE PORCH AND LISTENING TO A WIND
CHIME

BUT MY CHILD DOESN'T LIKE ANY OF THOSE THINGS YOU JUST LISTED....

That's okay! Every person is unique with what their preferences are. Some people love olives and some people hate them! Positive reinforcement should be tailored to your child's unique preferences or interests - no matter how different they may seem from your interests.

Even as clinical professionals, it can take us some time to figure out what your child's preferences are or even discover that a child has a preference for something. You are one step ahead of the game because you know your child best!

EDIBLE

- REALLY SOUR CANDY
- RICE PAPER
- SEAWEED
- COMMUNION CRACKERS
- LISTERINE STIPS

HERE ARE SOME UNIQUE PREFERENCES WE HAVE USED FOR POSITIVE REINFORCEMENT

SOCIAL

- WANTING OTHER PEOPLE
TO RECITE A SCENE FROM A
MOVIE
- PLAYING WITH A FRIEND
- HUGS

ACTIVITY

- GOING TO THE POOL
- DANCE PARTIES
- VACCUUMING
- SWEEPING

TANGIBLE

- PRINTED PICTURES OF
CHARACTERS FROM A TV SHOW
- WATCHING OTHER PEOPLE DRAW
- WATCHING VIDEOS OF BABIES

SENSORY

- WATCHING MARBLES ROLL DOWN A SLIDE
- WATCHING DOORS OPEN AND CLOSE
- THROWING WATER BALLOONS AT A WALL
AND WATCHING THEM BURST
- WATCHING CERTAIN PARTS OF VIDEOS ON
REPEAT

REINFORCEMENT

REINFORCEMENT IS
GIVEN AFTER A DESIRED
RESPONSE

CREATES A POSITIVE,
LONG-LASTING
BEHAVIOR CHANGE

PLANNED AHEAD OF THE
BEHAVIOR

BRIBERY

BRIBES ARE GIVEN
AFTER A CHALLENGING
BEHAVIOR OCCURS

STOPS THE BEHAVIOR IN
THE MOMENT, BUT DOES
NOT PROVIDE A LASTING
EFFECT

RESPONSE TO A
BEHAVIOR IN THE
MOMENT

EXAMPLE

YOU'RE GOING TO THE
GROCERY STORE AND
YOU KNOW YOUR CHILD
FREQUENTLY SCREAMS
IN THE STORE

REINFORCEMENT

YOU TELL YOUR CHILD,
"IF YOU USE AN INSIDE
VOICE IN THE STORE, WE
CAN GET ICE CREAM ON
THE WAY HOME"

YOUR CHILD DOES NOT
SCREAM IN THE STORE

YOU STOP FOR ICE
CREAM ON THE WAY
HOME WITH THEM

BRIBERY

YOU GO TO THE
STORE WITH YOUR
CHILD

YOUR CHILD
BEGINS TO
SCREAM

YOU TELL YOUR
CHILD, IF YOU STOP
SCREAMING, WE CAN
GO GET ICE CREAM

ISN'T THIS BRIBERY?

No! Let's take a look