

Reinforcement

Praise:

- **Specific/labeled praise:** Tell your child specifically what they are doing well. Examples of labeled praise: “I like how you’re taking your time.” “Good job listening the first time.” “I like and appreciate how you’re keeping your room clean.”
- **Praise the positive opposite:** Praise the behavior you want to see that your child is struggling with showing you. For example, if a child runs often or has difficulty sitting still, as soon as you see your child walk, you could say, “Nice walking feet.” For the child that has difficulty sitting, you could say, “You’re doing a great job sitting in your chair.”
- **Nonverbal praise:** You can give your child high-fives and hugs to show them that you’re proud and pleased with their behavior

Reward:

- **Identify a behavior you want your child to show and reward each time you see the behavior.** Examples of behaviors you might want to reward include hands to self or completion of a task while staying calm (brushing teeth; changing into pajamas)
- **Rules:**
 - Be **specific about the behavior** you’re rewarding. For younger children, only one behavior should be identified at first. For example, you could reward taking a bath without crying. It’s too much to expect that younger children can take a bath, brush their teeth, get into their pajamas, and go to bed without reminders or needing your help
 - Acknowledge the behavior **immediately** (specific praise, nonverbal praise, sticker, or point)
 - Acknowledge the behavior **every time** it occurs
 - Use a **chart or other visual** so you and your child can track how they’re doing
 - The reward should be something that your child is **interested in** (please see list of possible rewards)
 - **Don’t go too long without rewarding!** Younger children should receive a reward about once a week
 - **Once a child earns a reward, it shouldn’t be taken away.**
 - **Rewards can be no-cost/low-cost**

Reinforcement

Possible Low Cost/No-Cost Rewards:

- Dollar store grab bag prizes
- Later bedtime (15 minutes)
- Extra bedtime story
- Going to the library
- Playing a board game
- Going to the park
- Free community events (zoo)
- Screen time (15 minutes)
- Crafts (paper bag puppets; finger paint; slime)
- Allow your child to choose what's for breakfast or dinner
- Make a picnic
- Coupon (not having to complete a chore)
- Invite a friend over
- Bake/cook together
- Stickers
- Watch a movie or TV show that your child picks
- Special snack (popcorn)
- Going to the museum
- Bubble bath with toys
- Water balloons
- Playing outside in the snow
- Bubbles
- Download a new app
- Sidewalk chalk
- Temporary tattoos
- Pajama day
- Have a dance party

Reinforcement

- Have a family night
- Sleeping in
- Outdoor sports activity
- Nails/hair
- Love notes from parent
- Coloring pages
- Picture collage
- Do a puzzle
- Hot chocolate
- Build an obstacle course
- Earn art supplies
- Surprise scavenger hunt
- Increase in allowance
- Visit the beach
- New pajamas
- Slushy/smoothie
- Have a campout in the living room
- Add one item to the grocery list
- Pizza night
- New experience
- One-on-one time with caregiver
- Do a sing-a-long