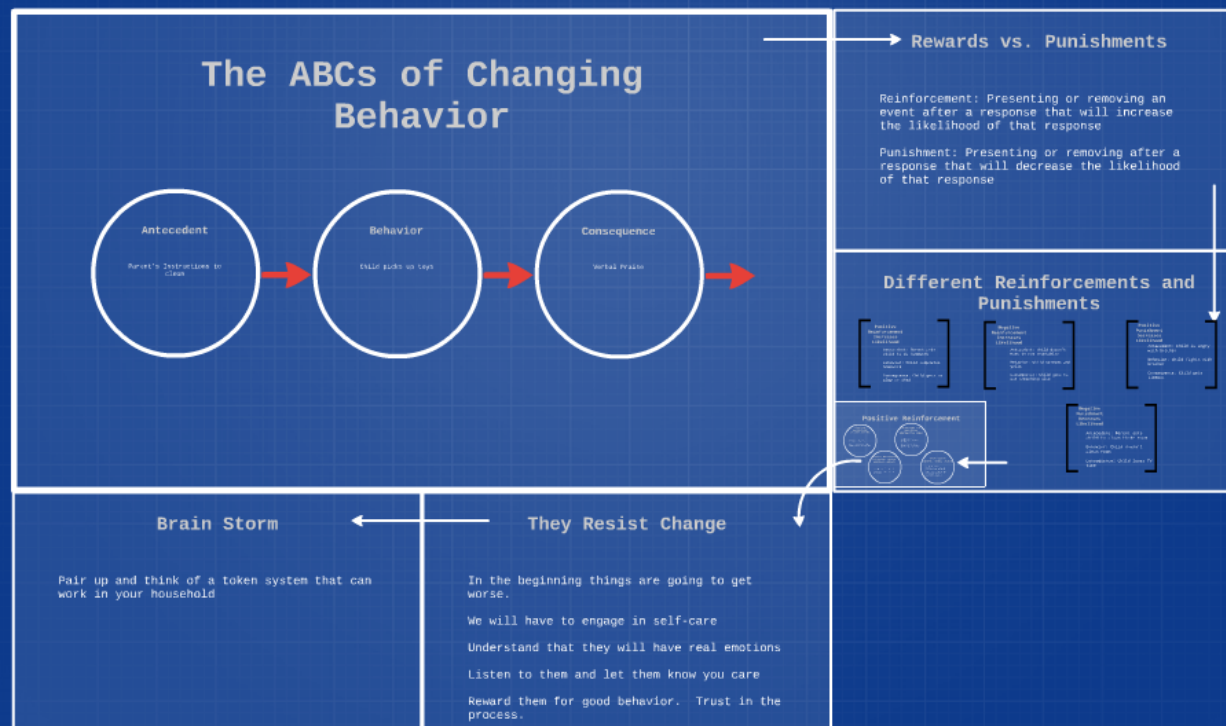
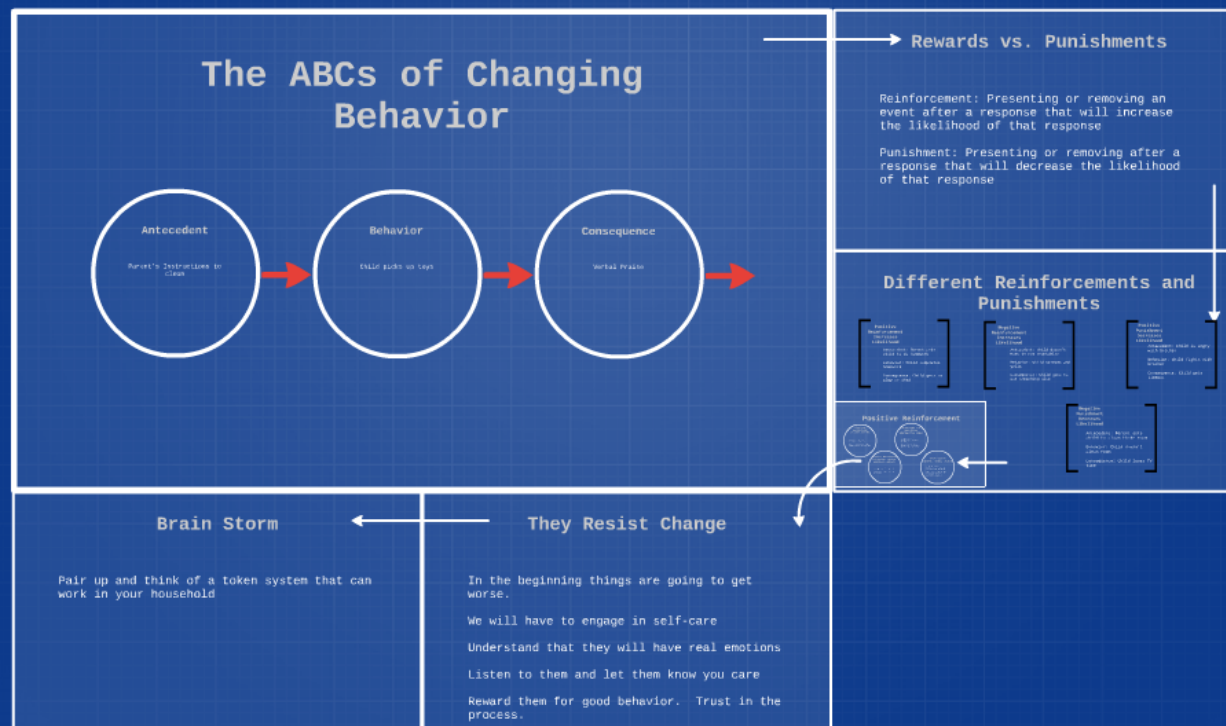


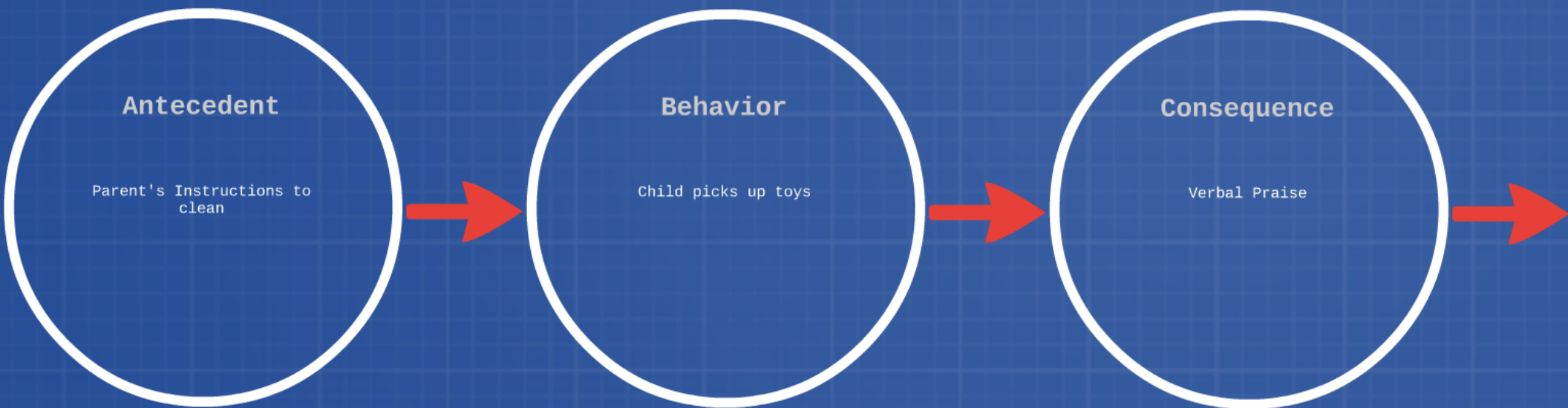
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The ABCs of Changing Behavior



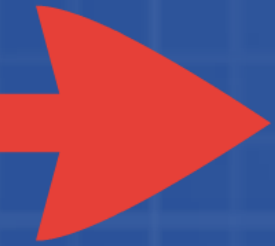
Antecedent

Parent's Instructions to
clean



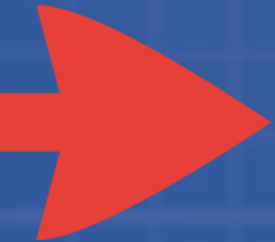
Behavior

Child picks up toys



Consequence

Verbal Praise



→ Rewards vs. Punishments

Reinforcement: Presenting or removing an event after a response that will increase the likelihood of that response

Punishment: Presenting or removing after a response that will decrease the likelihood of that response



Different Reinforcements and Punishments

Positive Reinforcement Increases Likelihood

Antecedent: Parent asks child to do homework
 Behavior: Child completes homework
 Consequence: Child gets to play on iPad

Negative Reinforcement Increases Likelihood

Antecedent: Child doesn't want to eat vegetables
 Behavior: Child screams and yells
 Consequence: Child gets to eat something else

Positive Punishment Decreases Likelihood

Antecedent: Child is angry with brother
 Behavior: Child fights with brother
 Consequence: Child gets timeout

Negative Punishment Decreases Likelihood

Antecedent: Parent asks child to clean their room
 Behavior: Child doesn't clean room
 Consequence: Child loses TV time

Positive Reinforcement

Food and Consumables (snacks and TV)

Strength: Immediate
 Limitation: Cannot give snacks and TV all the time

Privileges and Activities (during free time)

Strength: Highly motivating and easy to identify
 Limitation: Not easily extinguished immediately

Social Reinforces (attention, praise, physical contact)

Strength: Highly powerful
 Limitation: Difficult to be consistent

Token System (points, chips, stars)

Strength: Highly motivating and measurable with high value and value
 Limitation: Arranging and tracking what the tokens can be exchanged for

Positive Reinforcement Increases Likelihood

Antecedent: Parent asks
child to do homework

Behavior: Child completes
homework

Consequence: Child gets to
play on iPad

Negative Reinforcement Increases Likelihood

Antecedent: Child doesn't want to eat vegetables

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timeout

Negative Punishment Decreases Likelihood

Antecedent: Parent asks
child to clean their room

Behavior: Child doesn't
clean room

Consequence: Child loses TV
time

Positive Reinforcement

Food and Consumables (snacks and TV)

Strength: Immediate

Limitation: Cannot give snacks and TV all the time

Privileges and Activities (during free time)

Strength: Highly reinforcing and easy to identify

Limitation: Not easily administered immediately

Social Reinforces (attention, praise, physical contact)

Strength: Easily Provided

Limitation: Difficult to be consistent

Token System (points, chips, stars)

Strength: Highly reinforcing and applicable with more than one child

Limitation: Arranging and tracking what the tokens can be exchanged for

Food and Consumables (snacks and TV)

Strength: Immediate

Limitation: Cannot give
snacks and TV all the time

Social Reinforces (attention, praise, physical contact)

Strength: Easily Provided

Limitation: Difficult to be
consistent

Privileges and Activities (during free time)

Strength: Highly
reinforcing and easy to
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Limitation: Not easily
administered immediately

Token System (points, chips, stars)

Strength: Highly reinforcing and applicable with more than one child

Limitation: Arranging and tracking what the tokens can be exchanged for

They Resist Change

In the beginning things are going to get worse.

We will have to engage in self-care

Understand that they will have real emotions

Listen to them and let them know you care

Reward them for good behavior. Trust in the process.

Brain Storm



Pair up and think of a token system that can work in your household

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