



## POSITIVE REINFORCEMENTS AND REWARDS FOR THE HOME

Following are some ideas of possible rewards to use with a behavioral-modification/management plan.

### *Points to Keep in Mind*

- Any social activity or material reward will only work to motivate your child if it has meaning, value and appeal to your child. Take the time to find out from your child what they would like to see on a list of reinforcers. Change that list as often as necessary to maintain the child's interest.
- It is important to notice your child behaving well (demonstrating appropriate behavior). Acknowledge the positive behavior and interact positively with your child at those times. Be generous with social reinforcers.

### SOCIAL REINFORCERS

- Positive attention from parents (acknowledgement of positive behavior, relaxed time together, talking)
- Physical signs of affection from parents (hugs, kisses, cuddling)
- Smiles
- Thumbs-up sign/high fives
- Piggyback rides
- Cheering
- Specific praise such as:
  - "I like it when you..."
  - "That sure was grown up of you when..."
  - "That was great the way you..."
  - "It makes me so happy when you..."
  - "I'm so proud of how you..."
  - "Thank you for..."
  - "I can really tell you worked hard on ..."
  - "Let's show Mom..."
  - "Let's make a copy of this for Grandma."
  - "Let's hang this up somewhere special."
  - "Great job on how you..."
  - "I can't wait to tell Dad how you..."
  - "I knew you could do it!"

### ACTIVITY REINFORCERS AND PRIVILEGES

*Note: Some of these activities are also social reinforcers.*

- Playing a game (indoor, outdoor)
- An outing (park, restaurant, ice cream shop, movie theater, zoo)
- Later bedtime
- Time earned for watching TV, phone privileges, computer/Internet access, playing video games, listening to music
- Designated time alone with parent (breakfast out, lunch out, shopping, ice cream, ball game, building something)
- Freedom from chores

- Crafts (building models, making jewelry, etc.)
- Drawing or painting
- Selecting a meal for dinner
- Baking cookies, cupcakes, etc.
- Riding a bike
- Extra story/reading time with parent
- Going to a movie
- Going to a sporting event
- Extended curfew
- Participating in a school activity that costs money, such as a ski trip
- Participating in any sports activity of choice (swimming, skating, golfing, tennis, etc.)
- Going shopping
- Going to an arcade
- Listening to music
- Talking on the phone
- Driving privileges (parent driving to a place of child's choice or keys to the car for teen with driver license)
- Playing musical instruments
- Gymnastics, dance, martial arts
- Club participation
- Renting a movie or video game
- Camping
- Playing computer games
- Spending time with a special person (grandparent, favorite aunt/uncle)
- Staying overnight at a friend's or relative's house
- Inviting a friend (to visit/play, for lunch/dinner, to sleep over)

#### **MATERIAL REINFORCERS**

- |                                 |   |
|---------------------------------|---|
| • Toys                          | • Clothing or accessories                           |
| • Art Supplies                  | • Puzzles   |
| • Collectibles (baseball cards) | • Pets  |
| • Snacks/dessert                | • Sports equipment                                  |
| • Jewelry                       | • Wanted items for child's room                     |
| • Books/magazines               | • Money   |
| • Games                         | • Any purchase of choice (within given price range) |
| • CDs or tapes                  |   |
| • DVDs or videos                |   |

*Note:* Some reinforcers are recommended for daily rewards (for example, watching TV); some for weekly rewards (for example, video rental); and others for longer range incentives the older child is working and saving up to earn.