



# Positive Reinforcement

*Using rewards and praise to increase a desired behaviour*

## SPRINKLE IT EVERYWHERE!

### WAYS YOU'RE ALREADY DOING IT:

- Saying "great job!"
- Giving out stickers for positive behaviour
- Giving high fives
- Giving free time when homework is done
- Using "first/then" when giving instructions

### CONSIDER TRYING THIS:

- Offer choices as interests may change frequently
- Provide frequent praise and encouragement throughout the day
- When giving tangible rewards, give verbal praise too
- Gradually fade the reward
- Rewards should be earned and not be available freely
- Ensure the individual knows what they are being reinforced for  
e.g. "great job putting on your shoes!"



## Rules for Reinforcement

### **IMMEDIATE**

*Right after the behaviour occurs*

### **PAIRED**

*Tangibles + verbal praise*

### **BRIEF**

*Long enough to have an impact*

### **EFFECTIVE**

*Motivating for the individual*

### **ENTHUSIASTIC**

*Excited tone of voice*

### **FREQUENT**

*Very often when teaching new skills*

### **CONTINGENT**

*Behaviour/skill must happen first*



## POSITIVE REINFORCEMENT AND BRIBES ARE NOT THE SAME!

- A bribe involves the reward being given before the task is complete. For example, "I'll give you this candy now if you promise to behave in the doctor's office"
- Positive reinforcement involves the reward being given after the task or behaviour takes place. For example, "first doctor/then candy".