

POSITIVE REINFORCEMENT



DEFINITION OF TECHNIQUE

Basically, if you engage in a certain behavior, and this behavior gets you something that you wanted, then you are more likely to engage in that same behavior again when you want the same outcome in the future.

(<http://www.educateautism.com//behavioural-principles/positive-reinforcement.html>)



EXAMPLE

- A mother gives her son praise (good job, high five) for doing homework so he does his homework more often in the future.
- A child receives \$5.00 for every A they earn on their report card so the child works harder to get good grades in the future.
- A dog receives treats for doing tricks, then does tricks more often in the future.



CONSIDERATIONS

Pros:

- People often find positive reinforcement easier to swallow than other methods of training, since it doesn't involve taking anything away or introducing a negative consequence.
- It's also much easier to encourage behaviors than to discourage them, making reinforcement a more powerful tool than punishment in most cases.
- Positive reinforcement can simply be more effective, especially in the long-term

Cons:

- If used incorrectly it can lose its power.
- Some people can be reluctant to use it due to believing children should just listen.



HOW TO

When choosing a reinforcer:

- Observe the child/student. What do they like, what is reinforcing their behavior and what activities do they seek out?
- Present the child/student with a list of choices and ask what they would prefer to earn through good behavior;
- Monitor the child/student and discuss progress with them periodically to determine whether the reinforcer is still a good choice or whether a new one would work better.



HOW TO

When delivering a reinforcer;

- Ensure that the reinforcement is consistently delivered via a planned reinforcement schedule—otherwise, you risk not making a good connection between the behavior and the reward;
- Deliver the reinforcer immediately, within 3 seconds, to make the strongest connection between the behavior and the reward.
- Make sure to reinforce improvement, not just perfection.
- Ensure that the reinforcement is contingent on the student's behavior alone; do not provide reinforcement because you feel sorry for him or her.
- Pair reinforcement with social reinforcement whenever possible; provide verbal reinforcement to give the reward a social aspect, or allow the child/student to pick another child/student to share in the reward activity;
- Keep social reinforcers sincere, clear, and unambiguous—there should be no confusion over which behavior they are rewarding;
- Pick reinforcers that are age-appropriate; for example, using stickers to reinforce behavior in elementary students may be effective, but it may be insulting and ineffective with high school students.



HOW TO

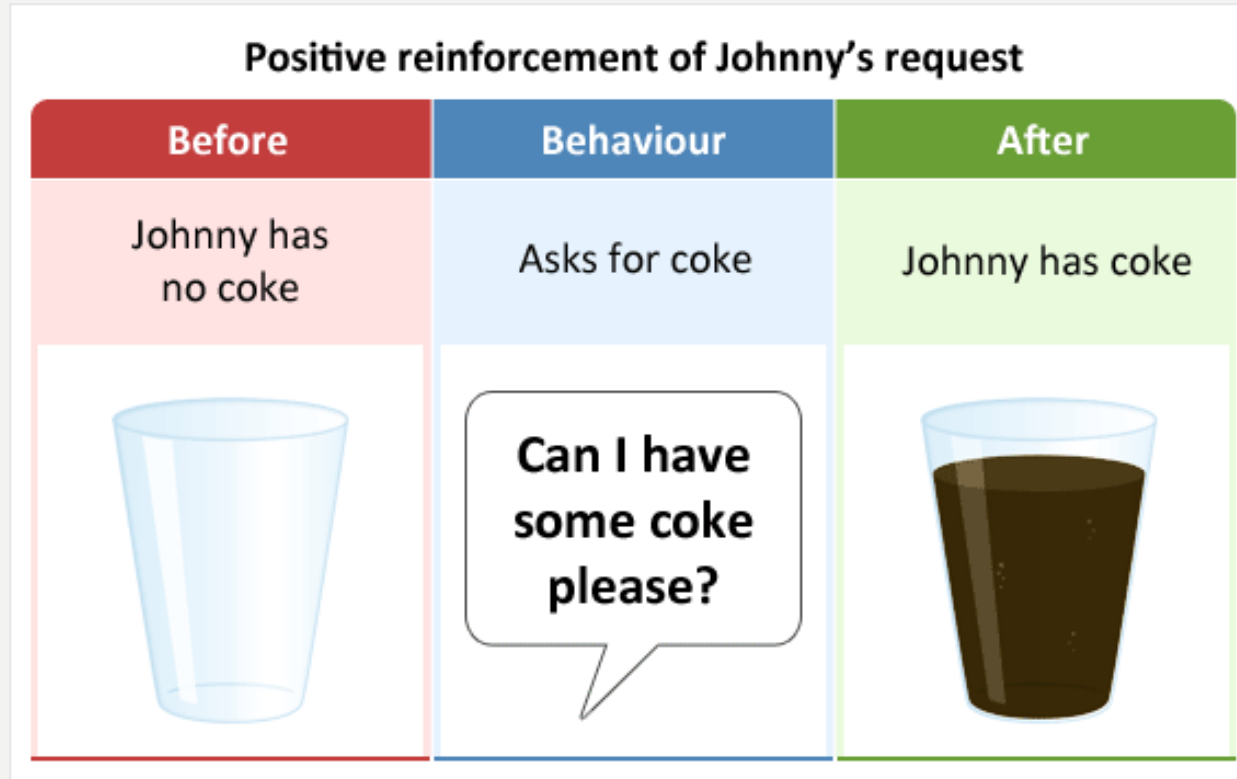
When satiation sets in (i.e., the reinforcer starts to lose its effectiveness):

- Vary the reinforcer or use a different reinforcer for each desired behavior;
- Avoid edible reinforcers, as it's easy to get tired of them;
- Move from a constant or fixed schedule of reinforcement to a variable or intermittent schedule as soon as possible;
- Move from primary reinforcers (the original, high-value reward) to secondary reinforcers (new reinforcers more appropriate at this time) as soon as possible.

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EXAMPLE



- *Johnny's request for a drink of coke is positively reinforced by him being given some (coke is added).*

(<http://www.educateautism.com//behavioural-principles/positive-reinforcement.html>)

POSSIBLE WAYS TO REINFORCE

- Giving a high five
- Offering praise
- Giving a hug or a pat on the back
- Giving a thumbs up
- Clapping and cheering
- Telling another adult how proud you are of your child's behavior while your child is listening
- Giving extra privileges
- Giving tangible rewards

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TOKEN CHARTS

(POSITIVEPSYCHOLOGY.COM/POSITIVE-REINFORCEMENT-PSYCHOLOGY)

12/12/2019

points-chart.png (629x481)

Get dressed 10 points	
Brush teeth 10 points	
Clean up dishes 5 points	
Finish homework 10 points	
Clean up toys 15 points	
Positive attitude 1 point	
Listening well 1 point	



TOKEN CHARTS [\(POSITIVEPSYCHOLOGY.COM/POSITIVE-REINFORCEMENT-PSYCHOLOGY\)](http://POSITIVEPSYCHOLOGY.COM/POSITIVE-REINFORCEMENT-PSYCHOLOGY)

12/12/2019

reward-chart-for-multiple-children.jpg (1040x720)



RewardCharts4Kids.com

Name:

1	2	3	4	5
6	7	8	9	10

Name:

1	2	3	4	5
6	7	8	9	10

BehaviorCharts4Kids.com

ChoreCharts4Kids.com



RESOURCES

Positive Reinforcement-Tips for teaching and parenting

<https://youtu.be/xC4wSO3IDYg>

Using Positive Reinforcement-Parents

<https://youtu.be/9xDr2tPJCUI>

Positive Reinforcement The Office

<https://youtu.be/6Mrfjzj-owI>

Positive Reinforcement The Big Bang Theory

<https://youtu.be/-63ysqT5nu0>



REFERENCES

Ackerman, C. E. (2020, February 18). Positive Reinforcement in Psychology (Definition 5 Examples).

Retrieved from <https://positivepsychology.com/positive-reinforcement-psychology/>

Cosgrave, G. (2013-2018). Positive Reinforcement. Retrieved from

<http://www.educateautism.com//behavioural-principles/positive-reinforcement.html>

