

BEHAVIOR @ HOME

Power of Rewards

Many parents spend so much time responding to challenging behavior and trying to make it through the day safely that they might be forgetting one of the most powerful tools in our toolbox. This webinar will review many different ways kids can be rewarded for their behavior and the powerful impact this can have. Join us to get ideas about how to provide meaningful rewards, when to provide rewards, and different types of rewards for children.

Presented by Michelle Heid, MA, BCBA

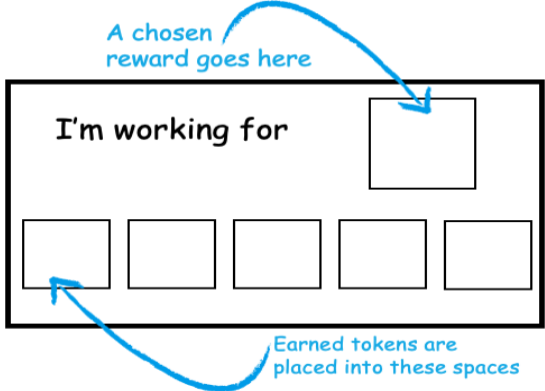
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<https://www.csun.edu/family-focus-resource-center>

Rewarding the positive can make all the difference!	
Power of Rewarding Positive Behavior	Rewarding is not Bribing
<ul style="list-style-type: none">✓ Rewarding positive behavior is a powerful parenting tool✓ Behavior that is rewarded will increase✓ Encourages children to repeat the same behavior✓ They learn to demonstrate the behaviors that are rewarded	<ul style="list-style-type: none">✓ A reward is given following a positive behavior✓ Bribes are often given in advance of the behavior✓ Bribes are often offered under duress✓ Might entail offering your child something you had no intention of giving before you were under stress
Teaches Kids Expected Behavior	Notes:
<ul style="list-style-type: none">✓ Rewards teach kids what behavior is expected✓ Children learn through rewards and punishment✓ The more we can reward positive behavior children learn what behavior is expected	

Rewards vs. Punishment	Punishment
<ul style="list-style-type: none">✓ Punishment works in the moment to reduce challenging behavior✓ Often only work when the punisher is present✓ Research suggests that rewarding positive behavior has more long- lasting effect on behavior	<ul style="list-style-type: none">✓ Physical punishment is never recommended✓ Punishment can include ignoring challenging behavior✓ Punishment can include not providing what your child wants when they engage in challenging behavior
Behavior That's Rewarded Increases	Notes:
<ul style="list-style-type: none">✓ Don't ignore behavior that you want to see continue✓ Behavior that is ignored may not continue	
Types of Rewards	
<ul style="list-style-type: none">✓ Praise✓ Positive gestures✓ Parental attention✓ Special activities✓ Toys✓ Food or treats✓	<ul style="list-style-type: none">✓ For some kids it can be difficult to find something to reward them with✓ May need to start with food rewards✓ Pair these with praise and other reinforcers✓ Slowly fade the food rewards in favor of other reinforcers✓ Through pairing you can create other strong reinforcers
Giving Rewards	
<ul style="list-style-type: none">✓ Tone should match language✓ Be specific with your praise✓ Tell them exactly what they are working for✓ Reward should match the size of the behavior✓ Playing nicely = praise and a high five✓ Playing nicely ≠ Disneyland	<ul style="list-style-type: none">✓ Provide rewards immediately following the behavior✓ Closer to the behavior the better✓ Delayed rewards may reinforce a different or challenging behavior✓ Rewards reinforce the behavior that occurred just before the reward is given
Notes:	

Not All Rewards are Created Equal	Catch Them Being Good
<ul style="list-style-type: none"> ✓ What's rewarding for one child, may not be rewarding for another ✓ Choose items that are rewarding for your child ✓ Individualized for each child ✓ Use their interests 	<ul style="list-style-type: none"> ✓ When you notice positive behavior recognize it ✓ Small gestures or praise ✓ Take the time to acknowledge ✓ Let them know exactly what they are doing that you want to see continue
Token Charts	
<ul style="list-style-type: none"> ✓ Token charts can help break down a bigger reward into smaller parts ✓ Helps motivate a child during a difficult task ✓ Tokens themselves can be rewarding ✓ Use their interests 	
Advanced Strategies	Notes:
<ul style="list-style-type: none"> ✓ Make a list of behaviors they are working on or can earn tokens for ✓ Review these with them before an activity or throughout the day ✓ Recruit others to provide praise and reinforcement (family) 	
Rewards for Older Kids	Rewards Can Involve the Whole Family
<ul style="list-style-type: none"> ✓ Consider a chore chart – keep it simple ✓ Allowance ✓ Gift cards ✓ Parental attention ✓ Use apps to help an older child engage in positive behavior and stay focused 	<ul style="list-style-type: none"> ✓ Make rewards meaningful to your family ✓ Encourage other members of the family to reward with praise or to “catch them being good” ✓ Encourage other members of the family to become involved
Notes:	

What if the Rewards Stop Working?	Notes:
<ul style="list-style-type: none"> ✓ Does the reward need to change based on their interests ✓ May need to try different rewards to find one that works ✓ Ensure that the reward is worth the amount of work and effort required from the child ✓ Does it take too long to earn? 	

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Activities to Keep Kids Engaged at Home

Many parents are finding themselves at home all day and may be running out of ideas to do at home to keep their kids engaged. Activities keep kids busy, reduce challenging behavior, and teach skills. It's not always about academics, but activities are important and kids can learn through a variety of activities at home. Join us to learn how activities can reduce challenging behavior and get some ideas about activities you can do at home with your kids. We will cover activities that require parent participation and some that your children may be able to do on their own.

June 3rd at 3:00pm

Registration and more information at:

<https://www.csun.edu/family-focus-resource-center/webinars>

Use this link to access all the resources shared during the presentation along with templates to create your own schedules and visual supports.

<https://tinyurl.com/FFRCBehavior>