



Click the link below to download a set of six sticker charts to use with your child.

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[https://drive.google.com/file/d/1CVmk9BpGhcJMC5Rc32\\_DLBXH79ImX3nn/view?usp=sharing](https://drive.google.com/file/d/1CVmk9BpGhcJMC5Rc32_DLBXH79ImX3nn/view?usp=sharing)

## Positive Reinforcement

**Positive reinforcement** is a behavior modification strategy that rewards appropriate behavior. A reward or reinforcer does not have to be something of value or tangible (such as money). A reinforcer can be an activity (staying up late), a place (playground), or an action (high fives). If undesired behaviors do occur, the child does not receive the reward. By reinforcing only the appropriate behavior, attention and focus is put on the desired behaviors rather than on the undesired behaviors. Positive reinforcement can be a highly effective behavior modification strategy.

**Positive reinforcement** works best when applied frequently and consistently to observable behaviors. Implementation of positive reinforcement should start with small and reasonable goals that your child has the ability to achieve. Setting initial goals that are too difficult may be discouraging to your child and decrease the likelihood of success. Goals and expectations can be adjusted once the initial implementation of the strategy is successful. Lastly, be sure to choose a reward or reinforcer that is meaningful and motivating to your child.

If you want children to keep their feet on the ground, put some responsibility on their shoulders.

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ABIGAIL VAN BUREN

## Types of Positive Reinforcement

- **Immediate:** Every time the desired behavior is observed the child earns a reward. This type of positive reinforcement is commonly represented by a sticker chart (or something similar). An example is, every time the child reads a page of their book they earn a sticker.
- **Interval:** Giving the reward at pre-determined time increments in which the child displays the appropriate behavior. For example, if you want your child to read for 15 minutes a day, a reward is given every one minute of the designated 15 minutes, that the child is successful.
- **Delayed:** This type of reinforcement is appropriate for larger behavioral achievements and generally offer bigger rewards over a longer time frame. This reinforcement method is not ideal for younger children or children with cognitive delays. An example of delayed gratification is, if the child reads the entire book, they can go to Chuck E Cheese.
- **Mixed or Combined:** This type uses multiple kinds of reinforcement that work together. For example, immediate and delayed could be combined so that every time the child reads a page of their book they earn a sticker *and* once the child earns 100 stickers they can go to Chuck E Cheese.

| Upcoming Events         |                                                                                      |                                                                                                                                                             |
|-------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date/Time               | Topic                                                                                | Link                                                                                                                                                        |
| Monday, 11/9 @ 6:30p    | Live, Learn, Work, and Play                                                          | <a href="https://zoom.us/join/zoom/register/tJwuf-GppzwtGtOdpCTevurRpf3RbKLwskIS">https://zoom.us/meeting/register/tJwuf-GppzwtGtOdpCTevurRpf3RbKLwskIS</a> |
| Thursday, 11/12 @ 6:00p | Structure, Routine, and Strategies During COVID-19                                   | <a href="https://zoom.us/join/zoom/register/tJAofuGsaj0jGtDWXPxO3SdImwtuvfbpNkmX">https://zoom.us/meeting/register/tJAofuGsaj0jGtDWXPxO3SdImwtuvfbpNkmX</a> |
| Friday, 11/13 @ 1:30p   | Transition Process from Pre-school Special Education to School Age Special Education | <a href="https://tinyurl.com/y564olhr">https://tinyurl.com/y564olhr</a>                                                                                     |



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