

## TIP SHEET: POSITIVE REINFORCEMENT (REWARDS)

### WHAT IS POSITIVE REINFORCEMENT?

- Giving your child a reward (something they like) following a behaviour you want to see happen more often

### TYPES OF REWARDS:

- Social — Verbal praise, high five, hugs, etc. (e.g., “Great job, I like how you waited your turn”)
- Toys/Activities — Access to a preferred object or activity (e.g., videogames)

### HOW TO CHOOSE A REWARD:

- What does your child do in their free time?
- What are your child’s favourite things to play with?
- What types of activities does your child enjoy? Physical play? Games?
- What food or objects does your child like?

### TIPS FOR USING REWARDS:

- Select a behaviour you would like to see your child do more often
- Reward your child with things they like
- Reward them immediately upon doing the behaviour
- Tell them exactly what they are being rewarded for
- Reward them frequently in the beginning of teaching a new skill
- Offer your child choices in the type of reward they will receive

### EXAMPLES:

1. Mom asks her son to complete a chore (e.g., picking up toys). Upon hearing this, the son picks up his toys and his mom gives him a high five and a sticker. Next time, she asks him to clean up his toys he does so right away.
2. Dad asks his daughter to eat dinner. When she does, dad gives her dessert. In the future, the daughter will be more likely to eat her dinner when he asks.



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