



# How to Use Reinforcement in the HOME

BY: ROSS GENTRY, M.S., BCBA, LBA

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# What is Reinforcement?

- ▶ Reinforcement: increases the likelihood of a behavior in the future.
  - ▶ Example: Josh puts away his shoes, and Mom says “Thank-You!”, he puts his shoes away more often.
- ▶ Punishment: decreases the likelihood of a behavior in the future
  - ▶ Example: Josh throws his shoes in the corner, Mom says “Where do those need to go?” Josh moves his shoes to the closet.

# What it is not

- ▶ Reinforcement is not a bribe.
  - ▶ If you say: “Stop hitting your brother, and I will give you game.”
    - ▶ You are bribing
- ▶ Reinforcement can set limits/ goals
  - ▶ If you say: “If you can keep your hands to yourself for 1 hour, you can earn a game.” (and they do 😊)
    - ▶ You will be providing a reinforcer

# Different Types

- ▶ Behavior Specific Praise (“I like the way you..”; “You did so good...”)
- ▶ Edible (Chips, Cheetos, Gummies)
- ▶ Tangible (Toys, Games, Puzzles)
- ▶ Activities (Outside time, Technology time, Playing a game you)
- ▶ Social (Hugs, High Fives, Thumbs Up)
  
- ▶ Remember to start small
  - ▶ One chip, one hug, 3-5 minutes of technology time
  
- ▶ Breaks can also be reinforcers 😊

# Where to Start?

- ▶ What do you want to see more often?
  - ▶ Sitting still, Being Quiet, Completing School work???
- ▶ What is most important to you? Start there!
- ▶ Start with one and build up to more.
  - ▶ It is difficult to try to remember to reinforce many different behaviors at a time but once you master the skills, it does get easier.

# The End Goal

- ▶ When we add in reinforcement, it is key to remember that we need to fade it back out.
  - ▶ Think about how often YOU are told “Nice Sitting!” when out in public?
  - ▶ We need to start by reinforcing every time they do the correct behavior.
    - ▶ Then every other time, every third, every 6<sup>th</sup>, ect.
    - ▶ Each of these should be done for about a week.
- ▶ After a few weeks, the new behavior should happen from habit and not because they expect to be told “Good Job!”
  - ▶ Although adding some “random” reinforcement can help maintain a behavior.