

Reinforcement

- Reminder sheet -



Reinforcement is a strategy that encourages children to change their behaviour. It consists in reinforcing "good behaviours" that the parent wishes to see the child repeat. By offering verbal, physical or material reinforcement to the child, he will feel encouraged to repeat the desired behaviour.

THE 4 STEPS

1

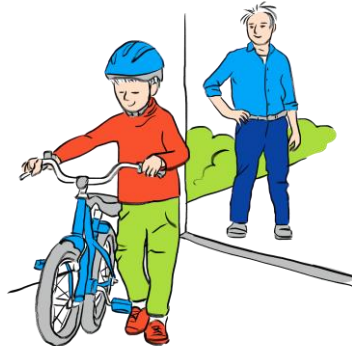
TARGET DESIRED BEHAVIOURS



Identify "good behaviours" that you want to see your child repeat.

2

REINFORCE IMMEDIATELY



Reinforce them immediately when they occur.

3

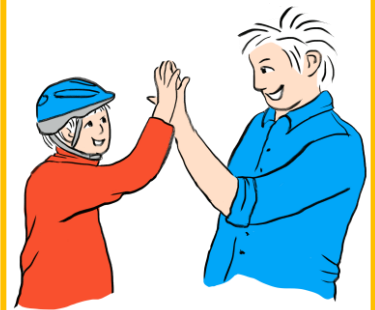
NAME THE BEHAVIOUR



Specifically name the desired behaviour.
For example: "Wow, I like it when you put your bike away!"

4

BE WARM



Be sincere, warm and playful. Add physical contact to the reinforcement, such as a kiss or a hug.

Repeat!



Reinforcement does not need to be of a material nature. Here is a list of ideas that are free and well appreciated by children :

- Choosing a movie
- Favorite supper
- Sweet snack
- Inviting a friend to a sleepover
- Going to bed later
- Going to the park
- Sleeping in Mom's bed
- Reading a book with Dad
- Bike ride
- Not having to wash dishes
- Choosing a special game
- Computer time
- Going to the library
- Eating while watching TV
- Visiting Grandma