

Types of Rewards

1. Social (praise, smile, hugs)
2. Activity (games, TV, privileges, playing with toys)
3. Symbols (stars, points, coupons, tokens)
4. Material-things (toys, candy)
5. Combination (hugs and activity with parent, etc)

Principles for Using Rewards

- The reward is given consistently and is predictable.
- Always include praise.
- Make sure the child wants and likes the reward.
- Use different rewards because sometimes they lose their effectiveness.
- The reward must be earned – it comes after a positive behavior.
- Label the behavior -- be descriptive (e.g., Thank you for doing your chores right after you came home from school.)
- Reward frequently
- Withhold the reward for incorrect behavior.
- Make sure you can control the child's access to the reward
- Reward behaviors that come close to the behavior goal - it is necessary to reward effort.
- Use age-appropriate rewards