

EFFECTIVE REINFORCERS

The key to success: Making sure you have an effective reinforcer!

Remember, we do what we do to get something or get out of something. If we're trying to get something, that thing we want has to be worth it!

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DEPRIVATION

When is the last time your child had the reinforcers? If it's been a while, your child is more likely to want it more! The opposite of deprivation is satiation, which is too much of a good thing! When your child is satiated that means they've had enough of the reinforcer and it's no longer valuable!

IMMEDIACY

The goal is to pair the reinforcer with the behavior, so it's important to deliver the reinforcer as fast as possible! This also ensure challenging behaviors do not occur while your child is waiting for the reinforcer. Lastly, the value of the reinforcer may decrease the longer your child waits. It may not be worth the wait!

SIZE

How much of the reinforcer does your child get? It has to be the right amount; not too big and not too small. Find an amount that makes engaging in the behavior "worth it" for your child!

CONTINGENCY

What does your child have to do in order to get the reinforcer? Make sure the contingency is clear. First/Then language can be used to ensure your child knows what to do.