

What are Reinforcers for Your Child?

Positive Reinforcers	Behaviors that Increase	Usefulness Evaluation
Candy (MM's, chocolate bar)	Cleaning room	This worked the first few times that I tried it but now my child does not care
Giving hugs	Cleaning room; picking up toys	Seems to work most of the time
Praise-saying "good job"	Picking up toys, finishing homework	Seems to work most of the time
Giving an allowance at the end of the week	Cleaning room, picking up toys	Seems to only work for a day or two and then my child gives up- not sure how much to give when only did this on Monday and Tuesday?
Time playing videogames	Cleaning room; doing other household chores	This increases the behavior but my child gets angry if he cannot do it right away. I also don't like some of the material in the videogame
Negative Reinforcers	Behaviors that Increase	Usefulness Evaluation
Letting your child skip doing dishes or any regular chore	Getting homework done	My child was happy to not have to do dishes and was willing to work on his homework
Letting your child not eat their broccoli	Child willing to finish eating their carrots	Works but they may need another source of vitamin C
Stop yelling at my child	Child picks up toys	Child doesn't want to be around me; angry with me all the time