

The Science of Behavior Handout

[Aquí hay un enlace a la versión en español de este material.](#)

Link to Google Slide Deck with Notes:

<https://docs.google.com/presentation/d/12e0vRab5X0XaJDGWyobjwoWjPY5GSgjHWTEyT9V7VHY/edit?usp=sharing>

Further Reading:

[The Seven Steps to Successful Parenting](#) - Robert Schramm, BCBA
[Parenting with Science](#) - Leanne Page, BCBA

Reinforcement Key Ideas



- **Make it Attainable**
 - Easy goals
 - Frequent tokens
- **Make the Expectation Clear**
 - Be specific
 - Role play
- **The Size of the Prize = The Size of the Effort**
 - Some low-cost prize ideas:
 - Delayed bedtime by a certain number of minutes
 - Dance Party
 - Gets to choose the next night's dinner or breakfast
 - Nail Painting or fancy hairdo
 - Afternoon at the park
 - Slip -n- Slide, Sprinklers
 - Make cupcakes or cookies together
 - Make Slime or playdough together
 - Let the tokens be pieces of a new lego set or paint set, etc. When they've earned them all they can have it/play with it
 - One play money dollar = one minute of an activity of their choice

Token Economy Template

I want to earn:

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