

These strategies can be used after a desired behavior occurs. These strategies will increase the chance that the desired behaviors will occur again in the future. Descriptions and examples of the strategies are listed below.

Strategies for responding to desired behavior:

Consequence Strategy	Description	Examples
Behavior-Specific Praise	Delivering a statement that positively acknowledges a learner after they engage in a desired behavior.	<ul style="list-style-type: none"> • Saying “Great work on that math sheet!” after the learner completed a worksheet. • Saying “Thank you for letting me know,” after the learner tells you they need help.
Rewards	Any time you add or remove something and it results in the behavior occurring more often. Adding or removing something should be done immediately after a desired behavior to make that behavior occur more often. What you add or remove will depend on the learner’s preferences. Rewards take many forms including giving access to certain activities (e.g. iPad, movie, swing, etc.), food or drinks (e.g. soda, candy, etc.),, and social interaction, or removing something undesirable (work tasks, chores, etc.)	<ul style="list-style-type: none"> • A token and a short break is delivered immediately after a learner appropriately asks for a break. • A board game is played with a chosen caregiver after completing 3 activities on the daily schedule. • A math worksheet is removed after the learner appropriately completes two academic tasks.
Token System	Tokens are delivered following a defined set of behaviors. Once a set amount of tokens are earned, the tokens can be exchanged for items or activities. Token systems will be individualized for each person. Bonus tokens can be delivered for exceptional skills.	<ul style="list-style-type: none"> • Receiving 1 token per worksheet completed. 5 tokens can be exchanged for 5 minutes of tech time. • Receiving 10 points for unloading the dishwasher, 20 points for folding laundry and 5 points for wiping the table. 50 points can be exchanged for 15 minutes of lego play.

For more information and support contact Behavioral Health Services at www.swwc.org/BHSparent.