



Special Needs Inclusion Program

TRENTON MFRC

REINFORCEMENT!

Reinforcement is used to strengthen behaviours! Reinforcement can be used to help with potty training, creating routines, teaching a new skill, strengthening an already learned skill among many other things.

You will want to find a very exciting reinforcing item or activity that motivates your child. Reinforcement will vary child to child based on their needs and their likes. It is also important to change the reinforcement up if you find your child is getting bored.

Examples used are: Candy, access to a toy, screen time, a fun activity or a preferred food item.

The basics you need to know!

Antecedent: The prompt leading to the behaviour (e.g. Brush your teeth)

Behaviour: The action in response to the prompt (e.g. Child brushes their teeth or refuses to brush teeth)

Consequence: Providing a reward or reinforcement for the task being completed (e.g. child brushes teeth and receives 10 minutes of TV time during breakfast)

Reinforcement: A consequence that is provided in response to a desired behaviour that strengthens the behaviour. (e.g. high five, candy, time on electronics, etc)



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Tips for successfully reinforcing behaviour

1. It is important to remain calm and/or neutral when working on strengthening positive behaviours.
2. Try not to respond with anger or frustration when the behaviour is not completed, it can be discouraging to your child.
3. Reinforce your child's motivation and attempts at the behaviour to encourage them to continue.
4. Take breaks! It can sometimes be overwhelming for both you and your child when working on new skills.
5. Ensure you clearly explain what is expected so your child is set up for success.
6. Use simple terms and instructions.
7. Visuals such as social stories, visual calendars, and first and then boards can be very helpful.

Contact Us!

The Special Needs Inclusion Team has a resource bank full of visuals, instructions, and helpful tips that can assist you with reinforcement. We are happy to help you!

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