

5 COMPONENTS OF EFFECTIVE POSITIVE REWARDS

IMMEDIATE

Should be given as soon as possible after the positive behavior to help your child connect the reward with their behavior.

DEGREE/SIZE

How big or small the positive reward is. The positive reward should match the size of the behavior.

CONSISTENT

Follow through with a positive reward every time the behavior happens.

IMPORTANT

The positive reward has to be meaningful to your child.

VARIED

Switch up the reward by using a variety of rewards for different positive behaviors. The same reward for everything becomes less effective.