Implementing Positive Reiforcement

Acknowledgement is one of the most powerful ways to encourage positive behavior. Sometimes we focus so much on the behavior we don't want to see that we forget to acknowledge the behavior we do want to see. Acknowledging the positive behaviors that you see helps to reinforce the behavior expectation. The feedback will help children understand which behaviors you would like to see repeated.

Here are a few tips on how you can implement positive reinforcement at home:

Descriptive verbal acknowledgement

The feedback will help children to know which behavior you would like to see repeated…
For Example: "Ben thank you, you remembered to use walking feet in the house, you are showing me how you can be safe. Great job."
- Provide opportunities for the child to practice the appropriate behavior as well.
- Always acknowledge any attempt the child makes towards learning the appropriate behavior. It takes practice.

Use positive language

As role models, we need to be careful in choosing the words and tone of voice we use when speaking to our children. When we use positive language, it helps empower children to make good choices. Avoid sending confusing messages when acknowledging off task behaviors. Phrases like "No thank you" are often used. Using a positive and a negative together can be misinterpreted and send mixed messages; they often confuse children.
- Instead use language that is supportive and encourages children to try again. Again, we want to make sure that we are acknowledging the child's efforts.
  - *For Example: "I know that this can be a little hard and something we can forget, but that's okay because we are learning. I can see you are trying very hard to use a quiet voice, we will keep practicing because I know that you can do it."*

Nonverbal acknowledgement

Body language, facial expressions, and being down on a child's level affects how positive feedback is given. Nonverbal acknowledgment can be very powerful when communicating with others.
- Get your child's attention by saying their name or standing next to them and getting on their level.
- Provide at least 2 gestures
  - *For Example: Smile and a thumbs up.*

Positive Behavior Support
RESPOND ● REFRAME ● REINFORCE