

## Consequences to Behavior: Reinforcement vs Punishment



### Reinforcement: Increases Behavior

When I do \_\_\_\_\_ (x behavior), I get something I like: attention/reactions, food, toys, time away from a task I don't like, time alone, etc.

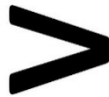


### Punishment: Decreases Behavior

When I do \_\_\_\_\_ (x behavior), something I don't like happens: People stop paying attention to me, I have to do more work, the TV goes off, I don't get to play with my favorite toy, etc.

**Reinforcement** is more effective at changing behavior and maintaining that change *over time*. (Punishment may seem more effective in the moment, but if you want to see long term changes, focus on reinforcement.) \*Note: challenging behavior will almost always get worse before it gets better. This is a good sign, it means you found the right function!

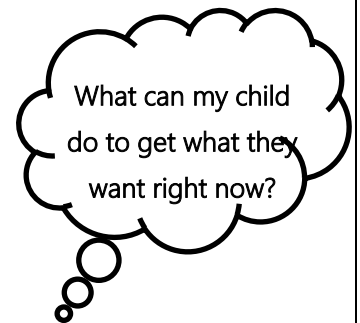
Reinforcement



Punishment



So, we always want to TEACH and REINFORCE positive behavior.



**Function:** My child wants...

|  |  |
|--|--|
| Access to a toy, food, sensory input                               | <b>PROMPTING:</b> Help the child to appropriately request the desired item or activity (pointing to a choice, saying a word, handing an item over for help, making a gesture etc.). REINFORCE this new skill by immediately delivering the item.   |
| Attention  | <b>MINIMIZE ATTENTION:</b> Avoid talking to the child, talking about the behavior, or making eye contact/facial expressions while keeping everyone safe.<br><br>Model appropriate behavior or an alternate way they can communicate for your attention (requesting a game, tapping you on the shoulder, etc.).<br><br>REINFORCE by providing attention when they engage in appropriate behavior. |
| Escape: to get out of doing something or get away from a situation | <b>RE-DIRECTION:</b> Block efforts to escape and redirect back to task. Prompt completion of task and REINFORCE by providing praise and attention for participating or let them take a break/access preferred activity after the task is complete.   |