



Steps to using Positive Reinforcement

- Identifying the target behavior or skill that you want to change.
- Collecting baseline data, which will show where the individual is NOW with the behavior or skill.
- Establishing program goals or performance criteria to help define when the individual has reached your expectation for the behavior or skill.
- Identifying specific reinforcers that will work with this specific individual.
- Creating a way for the individual to make choices, or select those reinforcers through a reinforcement menu.
- Selecting a schedule of reinforcement and determining; how often you will reinforce the individual.
- Implementing a continuous schedule of reinforcement
- Planning for prevention of satiation or habituation of reinforcers, and
- Monitoring the learner's progress.

Neitzel, J. (2010). Reinforcement for children and youth with autism spectrum disorders: Online training module (Chapel Hill, NC: National Professional Development Center on Autism Spectrum Disorders, FPG Child Development Institute, UNC-Chapel Hill). In Ohio Center for Autism and Low Incidence (OCALI), *Autism Internet Modules*, www.autisminternetmodules.org. Columbus, OH: OCALI.

http://www.autisminternetmodules.org/mod_doc.php?mod_id=44&up_doc_cat_id=1