



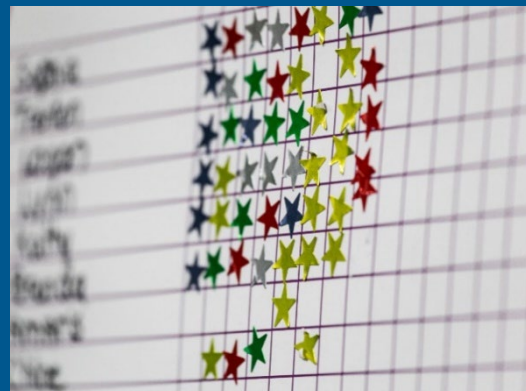
Token Board

Children's Developmental and Behavioural Support



Here are some simple steps to get you started...

- 1.** Pick the behaviour you want to increase (proper tooth brushing, putting clothes away, cleaning up toys, etc.).
- 2.** Decide how many tokens they need to earn their reward (hint: when they are first starting, it should be really easy for them to earn the reward).
- 3.** Decide what tokens to use, where the tokens will be kept.
- 4.** Decide what rewards they can trade in their tokens for. The reward should be chosen by the child and visually represented.
- 5.** Get started. Give the token as soon as the behaviour happens. Be consistent and give verbal praise as well.
- 6.** When the token board is full, give the reward immediately.
- 7.** Review and change when needed. You can increase the amount of tokens needed to earn the reward after they have caught on.
- 8.** Avoid removing tokens when once they are earned.



References

Cooper, J.O., Heron, T.E., Heward, W.L. (2007). *Applied Behaviour Analysis, second edition*. Pearson Prentice Hall.

Information

If you need more information, visit www.durham.ca/CDBS

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