

## What is a reward?

There are different types of rewards that you can give. One type of reward is not any better than another type, it depends on what your child finds rewarding. There are tangible rewards and social rewards, which include verbal praise, physical rewards and activity rewards.

### How should I use rewards?

- Use immediately after you see any behaviours that you want your child to repeat.
- Remember initially to reward your child every time a positive behaviour is seen.
- Reward only the behaviours that you want to see increased.

## Tangible rewards

These are toys or treats that are given following appropriate behaviour:

- small toy
- sweets
- pocket money
- ice-cream
- stickers.



## Social rewards

### Verbal praise

There are two types of verbal praise.

- **Unlabelled praise** - "Well done Billy" or "Good girl Sarah". This is still rewarding for the child but does not tell them what behaviour to repeat.
- **Labelled praise** - The three part message, "Billy, well done for picking up the bricks" or "Sarah, you are fantastic holding on to the pushchair and walking really nicely with mummy". This helps your child to know how you would like them to behave so that they know the behaviour to repeat.

### Physical rewards

These are rewards such as hugs, kisses and pats. When paired with verbal praise it makes the reward even more powerful.

### Activity rewards

These are activities that your child really enjoys and find rewarding. This could be a trip to the park, a bike ride, a trip to feed the ducks, flying their kite, cooking, or going to the cinema or swimming pool. The time and attention that you give your child is far more rewarding than the money that you spend on the activity.