

# 5 COMPONENTS OF EFFECTIVE POSITIVE REWARDS

## IMMEDIATE

Should be given as soon as possible after the positive behavior to help your child connect the reward with their behavior.

## DEGREE/SIZE

How big or small the positive reward is. The positive reward should match the size of the behavior.

## CONSISTENT

Follow through with a positive reward every time the behavior happens.

## IMPORTANT

The positive reward has to be meaningful to your child.

## VARIED

Switch up the reward by using a variety of rewards for different positive behaviors. The same reward for everything becomes less effective.