Behavior Management

Lesson 4
Reinforcement and Punishment

What is Reinforcement and Punishment?

Antecedent	Behavior	Consequence
		Reinforcement and Punishment are here in the ABC Model

Positive Reinforcement

- An individual increases behavior in order to get a desired consequence
- Something is a "reinforcer" when it INCREASES or MAINTAINS the behavior that precedes it

Example

Antecedent	Behavior	Consequence
You see a coworker when you arrive at work	You say "Hello"	Your coworker says "Hello" back to you

You try it...

Antecedent	Behavior	Consequence

Positive Reinforcement

- Everyone has individual positive reinforcers
- No single item is a reinforcer to everyone
- It is important for you to identify what is reinforcing for the person you are working with

Identifying Reinforcers

- Ask friends, family, or others who know the person, what the person likes
- Observe how the person spends free time (Premack Principle)
- Give a choice of items or activities to see what is chosen
- Provide an item or activity after a behavior to see if the behavior increases over time

Praise and Feedback

- Always available and cost nothing
- It is a typical way to provide reinforcement
- We rarely get tired of being praised
- It will not disrupt what is going on

Building a Relationship

- Spend time doing things the person likes to do
- Help the person avoid things that they don't like
- Learn to communicate well with each other

Punishment

- An individual decreases behavior because it is followed by an undesirable consequence
- Something is a "punisher" when it DECREASES or ELIMINATES the behavior that precedes it

Punishment

- Why Punishment works...
- Why Punishment does not work...