Activity Sheet 4.3
How to Use Reinforcement to Change Behavior

Step 1: Select the target problem behavior to reinforce
Step 2: Keep the behavioral requirement reasonable
Step 3: Decide how often to reinforce behavior
Step 4: Apply reinforcers closely after the behavior
Step 5: Use reinforcers contingently
Step 6: Maintain reinforcer value
Step 7: Pair social and activity/material reinforcement
Step 8: Consider using visual reminders of the desired behavior and reinforcer