



Positive Reinforcement Quick Guide

✓ What is Positive Reinforcement?

📌 **Definition:** Positive reinforcement means **adding something desirable immediately after a behavior** to increase the likelihood of it happening again.

Why It Works:

- ✓ **Encourages kids** to repeat positive behaviors
- ✓ **Builds intrinsic motivation** over time
- ✓ **Strengthens the connection** between effort and reward

💬 Examples of Effective Praise

Instead of **generic praise** like “*Good job,*” be **specific!**

- ✓ “I love how you shared with your sister!”
- ✓ “You worked so hard on that puzzle—I’m proud of your effort!”
- ✓ “Thank you for using your calm voice when you were upset.”

🕒 When & How to Reinforce a Behavior

- ✓ **Be immediate:** Reinforce the behavior **as soon as it happens**.
- ✓ **Be consistent:** Praise the behavior **every time at first**, then **gradually reduce frequency**.
- ✓ **Pair praise with a natural reward** (*extra playtime, choosing a book, high-five*).
- ✓ **Use a variety of reinforcements** (*verbal praise, privileges, sticker charts, etc.*).



🚫 Common Mistakes to Avoid

- ❌ **Delayed reinforcement** – Praise should be **immediate** to connect to the behavior.
- ❌ **Over-reliance on material rewards** – Use **praise and privileges** before physical rewards.
- ❌ **Focusing only on outcomes** – Reinforce **effort, not just results**.
- ❌ **Inconsistent reinforcement** – If **expectations change**, behaviors won't stick.

Empower • Educate • Elevate

Small, **meaningful reinforcements** make a **big impact** on behavior.

💡 Need Help Implementing Positive Reinforcement?

Book a **free 30-minute consultation** for expert guidance on reinforcement strategies that work best for your child.



[Schedule Here](#)

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💖 What behavior will you reinforce today? 🎉💖

Warmly,

Tom