

MY TOKEN ECONOMY

A token economy is a behavioral system used to increase appropriate child behavior. Token economy systems use positive reinforcement, giving positive attention to increase desired behaviors.

Use this document to learn how to effectively implement a token economy system for your child.

1. Identify the behaviors you want your child to engage in.
2. Work with your child to identify a reward.
3. Go through the token economy system with your child to make sure they understand it.
4. Implement! Hang the chart where it is visible (e.g., fridge, bedroom wall) and start collecting points.
5. Be enthusiastic! The more excited you are, the more excited your child will be in the reward system.



STEP 1. IDENTIFY DESIRED BEHAVIORS

What are the behaviors you want to see? Come up with a list of appropriate child behaviors, being very specific. You want to tell your child what you want to see, rather than what you DON'T want to see.

STEP 2. IDENTIFY REINFORCERS

Children don't always have internal motivation to engage in certain behaviors. For example, your child might not find brushing their teeth or cleaning up their toys fun or rewarding. By pairing the desired behavior with something that IS rewarding to them, your child is more likely to engage in the desired behavior. Work with your child to come up with a list of things that are rewarding to them. See some examples included in this packet for ideas.

STEP 3. SET UP YOUR TOKEN ECONOMY

Identify how many points your child needs to earn the identified reinforcer. When first implementing a token economy, you want to get your child's buy in. Start small and build the system over time. For example, it is recommended to start with only 3-4 expected behaviors. Your child should be able to earn the prize by complying 50% of the time. If your child thinks they will never earn the prize, the system won't work.

STEP 4. BE CONSISTENT

If you don't use the system everyday, it won't work.

IDENTIFYING DESIRED BEHAVIORS

Use smart goals when identifying behaviors for the token economy. These can be used to identify appropriate behaviors you want to see more of.

SPECIFIC

Your child should know exactly what you are looking for them to do. Make it clear and well defined.

MEASURABLE

It should be clear whether your child completed the behavior. If you told them to put their socks on, you will be able to see if they complied.

ACHIEVABLE

The behavior should not be impossible to achieve. It should be a behavior they can complete regularly.

REALISTIC

The behavior should be something your child has done and is developmentally appropriate.

TIMELY

The time frame should be clear. When do you want to see this behavior? How often do they need to do it?

IDENTIFY REINFORCERS

Not all children will be motivated by the same thing. In order for the token economy system to work, the reinforcer has to be motivating for your child. Reinforcers do not have to cost money. Work together with your child to identify a prize that is reinforcing for them and that you are in agreement with. Below are some examples.

- Extra screen time (specify how much)
- Movie night at home
- Pick what we have for dinner
- Game night
- Special time with mom
- Money (specify how much)
- Go out to eat
- Play date with a friend
- Stay up late (specify time)
- Baking activity
- Ride my bike
- Watch videos on YouTube
- Facetime a friend
- Trip to Walmart
- Dance party at home
- Help cook dinner
- Toy
- Treat (candy, baked good)
- Play tag with mom

PRIZES I LIKE

MY REWARD PLAN

PLAN:

PRIZE:

	MON	TUES	WED	THUR	FRI	SAT	SUN

POINTS NEEDED:

MY REWARD PLAN

PLAN:

PRIZE:

	MON	TUES	WED	THUR	FRI	SAT	SUN

POINTS NEEDED: