Token Board Resource for Parents
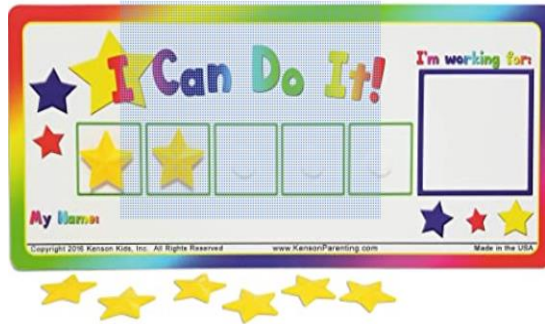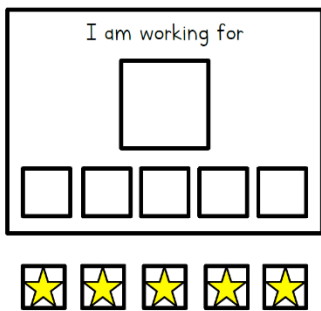
What: A token board is a way to reward your child for engaging in desired behaviors (i.e., following directions, brushing their teeth, sitting at the table, etc.).

When to use:

- When your child is successfully using a token board at school and you want to incorporate it at home
- When you want your child to engage in desired behaviors

What does it look like?:

Examples

How to use:

1. Have your child select a preferred item or allow them to choose one from the **choice board** (see choice board attachment). ****NOTE:** In order for the token board to be effective, the item needs to be truly motivating
2. Each time the child completes a target task or engages in a desired behavior, name the behavior (e.g. - "Great job sitting at the table!!"), hand them a token, and ask them to place it on the token board.
3. When the token board is full, give the child the identified reward and reset the board for use again.
4. Present the child with the choice board, allow them to choose and repeat!!

See sample videos below. 😊

Tips:

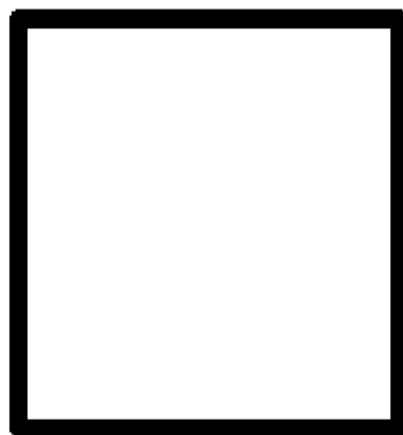- A token board will not work without something genuinely motivating

- Motivation varies, some days your child might really like something, and other days they might be indifferent, which is why it is important to have different items for them to choose from
- Tokens should be frequent, especially when first starting the process at home
- The amount of time with the reward should be relatively short. We want to make sure that they had fun with the item but aren't tired of it and want to earn something again!
- The number of tasks must be appropriate for the learner. If they think the tasks are too hard or too long, the motivation for the student is low. Make goals attainable to ensure the student earns reinforcement often.
- **DO NOT** take away tokens. Instead of removing a token for inappropriate behavior, prompt an alternative appropriate behavior that will earn a token.

Videos:

https://youtu.be/1G2X6kngoP0

https://youtu.be/DlOG9o9xfDg

I am working for

Choice Board