



Helping Children & Families Grow Together  
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## **Behavior Modification 101**

### Behavior Modification is...

- Rewarding only the behavior you desire.
- A method of positive discipline.
- Based on research that shows that if a behavior is rewarded, it will be repeated. If a behavior is not rewarded, it will not be repeated. This is based on the principles of operant conditioning.
- Most effective when used consistently and when the rewards are very desirable to the child.

### What kind of rewards will my child value....?

- Smiles
- Hugs and kisses
- Special time with you!
- Special privileges (i.e. watching tv or a special video/movie, playing video games)
- Toys, money, candy (use sparingly)

### Using Charts to Modify Everyday Behavior

- With your child, decide on a reward they can earn by meeting everyday expectations.
- With your child, make a chart that shows the everyday expectations they are to follow (i.e. brush teeth, make bed, finish homework).
- Put the chart someplace where your child can see it.
- With your child, mark the chart every time an expectation is met.
- When your child earns enough marks, they get the reward you both agreed on.

### Using Contracts to Modify Specific Behavior





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With your child, define the specific behavior that needs to change (i.e. hitting, not sharing etc.) With your child, write a contract that includes:

1. What, exactly, the child agrees to do.
2. What, exactly, the parent agrees to do.
3. A specific time frame.
4. A specific reward or consequence.
5. The signatures of both parent and child.

Post the contrast someplace where the child can see it. Follow the contract to the letter.

