

Behavioral Modification

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<p>+ <u>Positive Reinforcement</u> <i>Add something on to <u>reinforce</u> desirable behavior</i></p> <ul style="list-style-type: none">✓ Praise✓ Stickers✓ Time with Parent✓ High Five✓ Toys✓ Activities	<p>+ <u>Positive Punishment</u> <i>Add something on the <u>punish</u> undesirable behavior</i></p> <ul style="list-style-type: none">✓ Spanking✓ Therapeutic Restraint*✓ Writing lines (“I will...”)✓ Job Jar
<p>– <u>Negative Reinforcement</u> <i>Take away something to <u>reinforce</u> desirable behavior</i></p> <ul style="list-style-type: none">✓ Toys✓ Games✓ Activities✓ TV <p>To reinforce other positive activities, outside play, creative play, homework, tests/projects</p>	<p>– <u>Negative Punishment</u> <i>Take away something to <u>punish</u> undesirable behaviors</i></p> <ul style="list-style-type: none">✓ Time Out (take away stimulation)✓ Highly Motivating Activity✓ Birthday Party✓ Sport Activity✓ TV✓ Computer

*Do not attempt **therapeutic restraint** without proper training and while being under the consultation of a behavioral psychologist. Changing difficult behavior has some risk. It is possible that negative behavior may escalate before it gets better. Proper training and consultation is strongly warranted.*

Teachers: Remember to “catch” them being good, and offer genuine praise. Don’t over do it!!

Parents: Help your children to be independent and to do things for themselves.

Expect age appropriate independence.

Routines provide children safety, security and predictability.

Be consistently consistent!!

Remember you are the parent and in charge as the leader in the family!