

Token  
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## HAMDEN SCHOOL DISTRICT HOME STRATEGIES

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### AN EFFECTIVE TOKEN BOARD

- **Use pennies, plastic poker chips, or marbles for tokens.** Make sure your child can't access the tokens.
- **Help your child find a way to store his tokens.** If your child creates a special jar or box to keep his tokens in, he'll be extra motivated to earn more.
- **Keep the token economy system positive.** Make sure your child knows a token economy system is about rewarding his good behavior.
- **Use some rewards that don't cost money.** They can include things such as picking what to eat for dinner, going to the park, or getting an extra bedtime story.

## TOKEN BOARDS

A token economy system is one of the fastest and most effective ways to get kids to follow the rules. Similar to a traditional reward system, kids earn tokens throughout the day. Then, tokens can be exchanged for bigger rewards.

### HOW TO CREATE A TOKEN SYSTEM

1. **Choose up to three behaviors to address at one time.** Pick a behavior that your child is already doing well, one behavior that needs a little improvement, and one challenging behavior.
2. **Frame the desired behaviors in a positive way.** State what behavior you want to see so you can reward
3. **Break the day down into smaller chunks of time when necessary.** You might reward your child for meeting his goals in the morning, during the afternoon, and during the evening.
4. **Physically hand a token to your child whenever he earns one.** Provide immediate reinforcement for good behavior
5. **Create an appealing reward menu with a variety of items.** Offer rewards worth a variety of point values to keep it exciting.



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# Home Strategies



## TOKEN DIFFICULTIES

Token economy systems often take a bit of trial and error. Perhaps you made the rewards too easy to earn. Or maybe, your child just isn't motivated by the rewards you're offering.

If it isn't working to change your child's behavior, don't give up or get rid of the reward plan altogether. Instead, learn strategies to overcome the most common problems with token economy systems. Often, just a few small changes can make a big difference in helping your child change his behavior.

Sometimes, behaviors get a little worse before they get better. Your child may have some difficulty adjusting to any new discipline strategies that you start implementing. So, make sure you give your plan plenty of time before you make any major changes to it.

## COMMON PROBLEMS

**Your child doesn't care If He earns any tokens.** If your child doesn't care about earning tokens, it's probably because he's not a big fan of the rewards. The good news is, that problem is easily solvable.

- ❖ Get your child involved in picking out the rewards he would like to earn

**You lose track of how many tokens he earns.** It's essential to keep track of the tokens your child earns throughout the day.<sup>2</sup> Ask your child to decorate a special cup, bowl or box where he can keep the tokens he has earned.

**Your child gets upset when he doesn't earn tokens** **DO NOT** take away tokens for misbehavior. If he whines, begs, or argues about not earning a token, ignore him. Don't engage in a power struggle about earning tokens either. Instead, remind him that he can try again next time.

**Your child starts out motivated but loses interest fast.** Reward systems that are confusing or too difficult cause kids to lose interest fast. Make sure your child has the opportunity to earn up to several tokens per day

- ❖ Change the reward menu often to keep your child interested. The more items on the reward menu, the more likely he'll stay motivated.



“*Never has it been more true than now that it takes a village . . . we are in this together for the well-being of the children. I wish you good health and happiness in the weeks ahead*”

