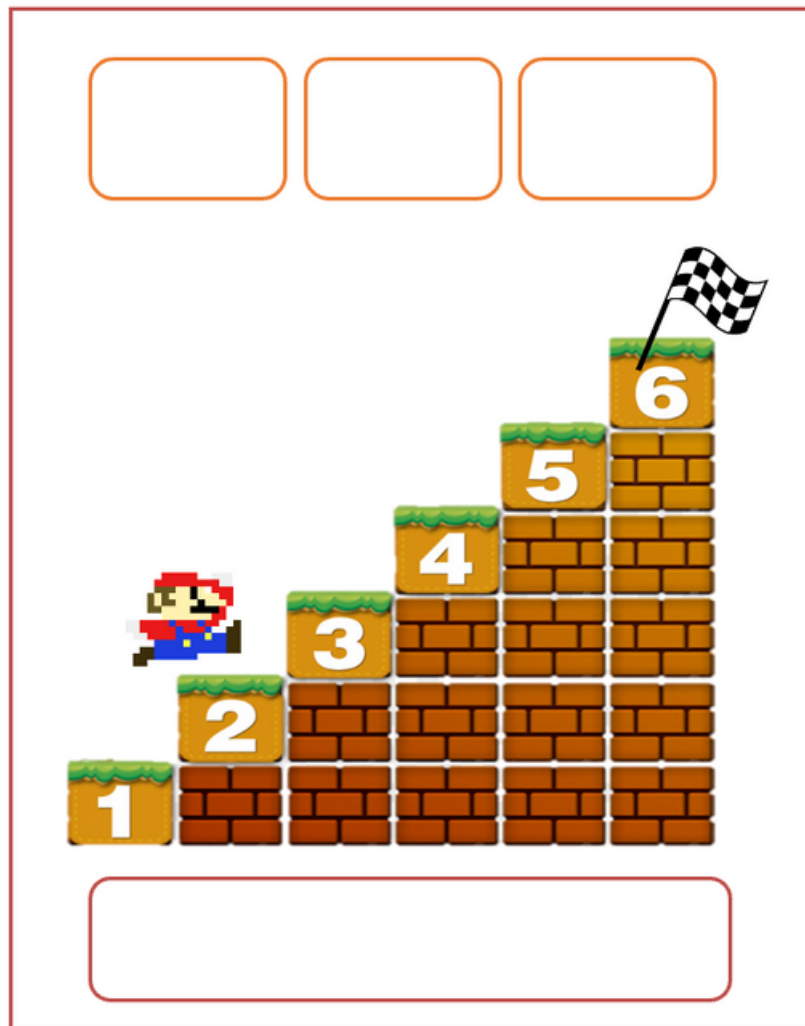




Token Board Ladder Edition



HOW TO USE A TOKEN BOARD

LADDER EDITION

A token economy is a behaviour intervention strategy that is often used in Applied Behaviour Analysis (ABA) therapy to reinforce and increase positive behaviours. Here's a general outline of how to use our Token Economy.

- 1 Cut out all elements below. Laminate the separate pieces. Place velcro on each step of the ladder and individual tokens. You will only need one token, the remainder may be used as spares.
- 2 Identify the target behaviour: Choose 1 to 3 target behaviours that you want to increase.
- 3 Choose a reward that the child finds motivating. This could be toys or food and write it in the box below the token boards.
- 4 Explain the system to your child. Tell your child they will move up a space on the ladder everytime they achieve the target behaviour. When they reach the top of the ladder, they can trade in their token board for their reward.
- 5 Implement the system by allowing the child to move up the ladder only when they achieve the target behaviour. It is important to provide consistent reinforcement so make sure you are giving tokens each time the target behaviour has been achieved.
- 6 Provide positive feedback to your child throughout the process to encourage and reinforce their progress.
- 7 Gradually fade the system. As your child's behaviour improves, you can gradually fade out the use of the token economy increasing the time for your child to display positive behaviours before reinforcing them up the ladder.

It's important to note that the success of a token economy relies on consistency and positive reinforcement. Make sure to clearly define the target behavior, choose a motivating reward, and provide positive feedback throughout the process. If you need additional guidance, contact us at info@littlefoot.sg

