

# Reinforcement (R+)

## ---Parent's Guide---



This parent introduction to R+ was designed as a supplemental resource to help answer basic questions about this practice.

To find out more about how R+ is used with your child, speak with:

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**For more information visit:**  
[www.afirm.fpg.unc.edu](http://www.afirm.fpg.unc.edu)

This introduction provides basic information about reinforcement.

### What is R+?

- R+ is an evidence-based practice for children and youth with autism spectrum disorder (ASD) from birth to 22 years old.
- Reinforcement describes the relationship between behavior and a consequence that follows the behavior that increases the likelihood the skill or behavior is performed again.
- The three reinforcement procedures are positive reinforcement, negative reinforcement, and token economy programs.

### Why use R+ with my child?

- Reinforcement is used to teach target skills and increase desired behaviors.
- Research studies have shown that reinforcement has been used effectively with many age groups to achieve outcomes in the following areas: joint attention, communication, social, behavior, adaptive, play, school readiness, motor, academic, cognitive, and vocational.

### What activities can I do at home?

- Praise or reinforce appropriate behaviors (such as saying hello, completing chores, following directions)
- Use natural reinforcers whenever possible. For example, if your child signs water, reinforce the use of the sign by providing a glass of water.
- Create a list of favorite activities or objects to share with your child's teachers for possible reinforcers to use at school.