BRITE ABA

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Brite Bridge Parent Behavior Toolkit™

Practical tools for behavior, communication, and daily routines

"Guided by the Brite Bridge Model™"

Reinforcement Basic

Helping families understand behavior, support communication, and build meaningful skills through positive and evidence-based ABA strategies.

Strategies should be individualized and implemented in collaboration with your child's BCBA.

This resource is intended for general education only. Strategies should not be implemented as a substitute for individualized treatment or clinical guidance. Always consult with your child's BCBA before making changes to your child's intervention plan.

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Part of the Brite Bridge Model™ approach to supporting skill development across home, school, and community environments.

Introduction

Your child's progress extends beyond therapy sessions. Progress is often supported when strategies are used in everyday routines at home, school, and in the community.

This toolkit helps families understand behavior, strengthen communication, and build practical skills using positive, evidence-based Applied Behavior Analysis (ABA).

The tools in this guide are simple, practical, and designed for everyday use. You will find guidance, examples, and strategies that support your child's learning while strengthening collaboration between families and professionals.

Our goal is to provide caregivers with clear, easy-to-use tools that support children in building meaningful skills and succeeding across environments.

Strategies should be individualized based on each child's needs and implemented with guidance from a qualified professional.

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Overview & How to Use This Toolkit

Section 1 — Purpose

This Reinforcement Toolkit is part of the Brite Bridge Parent Behavior Toolkit, designed to help families support their child's development across home, school, and community environments.

Reinforcement is commonly used within Applied Behavior Analysis (ABA) to support skill development, communication, and engagement in everyday activities.

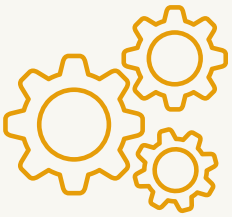
This toolkit provides general, evidence-based strategies to help caregivers understand how reinforcement works and how to apply it in simple, practical ways during daily routines. The goal is to make learning more engaging, consistent, and meaningful across settings.

Section 2 — What's Included

This resource will help you:

- Understand how reinforcement supports learning and behavior
- Identify different types of reinforcement
- Use reinforcement to encourage communication and skill development
- Apply reinforcement during everyday routines
- Differentiate reinforcement from bribery
- Use token systems and simple reinforcement schedules
- Fade reinforcement appropriately over time
- Track progress and recognize meaningful improvements

Section 3 — How to Use This Toolkit



- Start with one or two strategies that fit your child's current needs
- Practice during natural routines (e.g., play, mealtime, transitions)
- Reinforce desired behaviors consistently
- Use simple, clear, and supportive language
- Keep expectations appropriate for your child's level
- Gradually fade reinforcement as skills develop
- Use tracking and reflection sections to monitor progress

This toolkit is designed to be used at your child's pace and in collaboration with your BCBA.

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Important Note

TThis resource is for educational purposes only and is intended to be used in coordination with a Board Certified Behavior Analyst (BCBA). It does not replace individualized assessment, treatment planning, or clinical guidance.

Our Goal

Our goal is to provide caregivers with clear, easy-to-use tools that support children in building meaningful skills, supporting communication, and increasing independence across everyday environments.

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MODULE 1 — What is Reinforcement?

Reinforcement helps behavior happen more often

Reinforcement means giving something a child likes after a behavior, so the behavior is more likely to happen again. It teaches children what actions lead to positive outcomes.

Reinforcement = Reward AFTER Behavior

- Reinforcement strengthens behavior by rewarding it.
- Bribery tries to stop behavior by offering reward first.

Correct reinforcement teaches skills and helps children learn which behaviors lead to positive outcomes.

Simple Reinforcement Examples

- Your child asks nicely → gets tablet → asking nicely increases
- Your child shares toy → receives praise → sharing increases
- Your child sits for instruction → earns sticker → sitting increases

Write 2–3 Behaviors you Want to See More Often:

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Module 1 – REFLECTION PAGE

Using Reinforcement in Daily Routines

Take a moment to reflect on how reinforcement is working for your child. This can help you identify what is effective and what may need adjustment.

1. What behaviors did you focus on reinforcing?
(e.g., following directions, communication, waiting, transitions)

2. What type of reinforcement did you use?

- ☐ Praise (e.g., "Great job!")
- ☐ Items (toys, snacks)
- ☐ Activities (playtime, iPad, games)
- ☐ Sensory (movement, bubbles, etc.)
- ☐ Other:

3. When did you provide reinforcement?

- ☐ Immediately after the behavior
- ☐ After a short delay
- ☐ Not consistently yet

4. How did your child respond?

- ☐ Increased the behavior
- ☐ Needed prompts/support
- ☐ No change yet
- ☐ Other:

5. What worked well?

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6. What was challenging?

7. Did you reinforce consistently?

- ☐ Yes
- ☐ Sometimes
- ☐ Not yet

8. Did you use clear and simple language with reinforcement?

- ☐ Yes
- ☐ Sometimes
- ☐ Not yet

9. What is one small change you will try next?

10. Notes or questions for your BCBA:

This reflection is intended to support caregiver awareness and should be reviewed with your child's BCBA to guide individualized intervention decisions.