



Token Board



How Many Tokens Do I Use?

Before using a token board with your child, first ensure they can complete tasks using a first-then system (child must complete one task and then earn a reward). If the child is unable to wait to earn a reward beyond one task, you will not have success with a token board, where they must complete multiple tasks.

Token boards come in various sizes, anywhere from two tokens to 10 and beyond. Begin using a two-piece token board and as the child is successful, **slowly increase** the number of tokens on the board over time. The size of the token board also depends on what target skill/behaviour the token board is being used to increase-see considerations below.

Note: Ensure the child has many opportunities to practice the skill and earn tokens. When starting to use a token board, ensure the child earns tokens/rewards very easily to build success with the visual and then fade as the skill increases.

Incorporate child interests into the token board to increase their motivation to use this visual support!

Considerations

How **often** are you using the token board?

- For all online academic tasks?
- For any general compliance?
- For specific routines/tasks (e.g. nighttime routine, chores, online math work)?

You can determine this by considering **what specific skill you want to increase** for the child?

- Online academic task completion?
- Length of duration with activity?
- Compliance with a specific routine/chore?

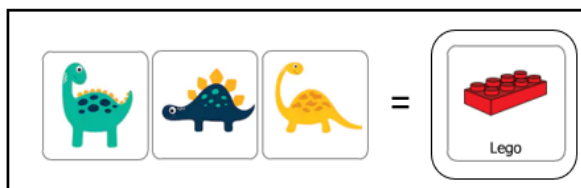
What is a Token Board?

A token board is a visual support that shows the child how many tasks they must complete in order to earn access to a reward (reinforcer). Over time, tokens are paired with the reward, and thus the tokens themselves take on reinforcing properties (Becraft & Rolider, 2015).

Each time the child completes a specific task, the caregiver gives the child a token to add to the board. When the child earns all of their tokens, they immediately receive the reward. Tokens are then removed and the process starts over.

How to Use a Token Board

1. Child selects a reward from a few choices
2. The reinforcer is represented (written or picture) on the token board
3. Caregiver explains to the child that they will be providing tokens for completing a specific skill/behaviour
4. Each time the child completes that specific skill/behaviour, caregiver to *immediately* give the child the token and give specific praise (e.g. "nice job brushing your teeth!")
5. Caregiver or child will put the token on the token board
6. Repeat steps 4 & 5 until the child earns all of their tokens, then *immediately* provide access to the selected reward



Remember

- Ensure child is selecting the reward **each time** token board is used
- Constantly rotate and reassess to ensure rewards are **still motivating**

References:

Becraft, J. L., & Rolider, N. U. (2015). Reinforcer variation in a token economy. *Behavioral Interventions*, 30, 157-165.