



## TOKEN BOARDS

**A token board is a visual system used to reinforce and encourage the development of new skills. Children earn tokens for specific behaviours, which can then be exchanged for a reward. When used appropriately and consistently, it can be a highly effective tool.**

**So, how can it be used effectively?**

### SET THE RULE

You first need to decide the criteria for getting a token for their reward chart. For the bedtime routine, this might be "Puts PJ's on", "goes upstairs", "gets into bed", "stays in bed all night" etc. Your sleep practitioner will be able to help you decide what the tokens can be for.

### TEACH IT BACKWARDS

- If your child needs a full token board in order to get their treat, but they do not understand the concept of earning tokens yet, then work backwards. Initially if it is a 5 piece token board, have 4 tokens on and have the child earn the last token for something easy. They can then have their treat.
- Over time you can increase this, so they earn the last token, the last 2 tokens, the last 3 tokens etc.
- This allows you to build it up gradually.

### HAVE FUN WITH IT

You could make some visual resources that are themed to your child's interest. This will make it more fun and engaging for your child.

### REINFORCEMENT

When you give the child their token to put on their token board, give them lots of verbal praise like "well done!" or "fantastic!". Over time you may be able to fade out the token board and just use the verbal praise for your child.

