

Rewards vs. Punishment	Punishment
✓ Punishment works in the moment to reduce challenging behavior ✓ Often only work when the punisher is present ✓ Research suggests that rewarding positive behavior has more long- lasting effect on behavior	✓ Physical punishment is never recommended ✓ Punishment can increase challenging behavior ✓

Not All Rewards are Created Equal	Catch Them Being Good
✓ What's rewarding for one child, may not be rewarding for another ✓ Choose items that are rewarding for your child ✓ Individualized for each child ✓ Use their interests	

