
#### What is Positive Attention?

Attention provided for appropriate behavior and can be expressed as:

- Verbal praise
- Hugs and kisses
- Pats
- Smiles
- Rewards or privileges (e.g., favorite snack, one-on-one time, special video)

#### Why Positive Attention?

Individuals typically enjoy receiving attention. If they do not receive enough positive attention for their good behaviors, they will often resort to behavior that results in negative forms of attention (i.e., yelling, nagging). Giving positive attention for good behaviors is a good way to motivate individuals to continue exhibiting those positive behaviors. Also, when positive attention is used at the same time as procedures used to reduce problem behaviors, it will help individuals learn how to tell which behaviors will gain the attention they are seeking.

#### When & How: Do’s and Don’t’s of Effective Positive Attention

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<th>Make eye contact and speak enthusiastically</th>
<th>Good behaviors should receive more attention than inappropriate behaviors</th>
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| Be specific about the behavior that you liked | **DO:** “Good being quiet”“Nice hands to self”
| **DON’T:** “Good girl” (too general) |
| Keep praise statements simple. | **DO:** “Good picking up boxes”
| **DON’T:** “That was good picking up your boxes so that no one would trip on them” |
| Give attention immediately following the behavior that you liked | **DON’T:** give attention to problem behavior that has occurred in the last 30 seconds
| **DO:** Individuals should exhibit 30 seconds of good behavior before positive attention is given |
| Catch the individual being good | **DO:** Try to get in the habit of catching good behavior every 5 minutes |
| Provide positive attention for behaviors incompatible with inappropriate behaviors | **DO:** Praise playing quietly and normal voice for an individual who tantrums
| **DO:** Praise for following directions if that is typically a problem for the individual |
| Give the type of attention the individual enjoys | **Provide promised rewards promptly** |
| Provide opportunities for positive attention by engaging in activities where the individual is doing something enjoyable, receiving one-on-one attention, and/or is not being asked to perform a task |
Examples of Ways to Give Social Praise

- A pat on the arm or shoulder
- A hug
- Head rubbing
- Squeezing the arm or waist
- Giving a kiss
- A high five

These can also be paired with…

- That’s very nice for…
- You’ve done a good job of…
- I’m so happy you…
- Look how well he/she did at…
- Wow, what a wonderful job you’ve done of…
- You’re such a big boy/girl for…
- Thank you for…
- Mommy/Daddy is very proud of you for…
- You do a good job of…