**DO THIS --------------------- GET THAT**

(PREMACK PRINCIPLE)

Parker is a child who prefers playing outside to reading. In order to get him to read more, his mother tells him that if he reads for 15 minutes, he can play outside for 20 minutes. In this situation, Parker's mother is using a high probability behavior (playing outside) to reinforce a low probability behavior (reading), which illustrates the **Premack principle**.

**EXAMPLE:**

PUT THE FLOWER IN THE BOWL AND YOU GET THE SPIN TOY.

ONCE THIS IS ESTABLISHED WELL, THE CHILD THEN UNDERSTANDS THAT HE/SHE CAN DO A NON PREFERED ACTIVITY (WHAT YOU WANT THEM TO DO) AND RECEIVE A REWARD.

THIS IS KEY TO GET TALKING, COMPLIANCE, MATCHING, BETTER LISTENING ETC.

**ACTIVITIES**

PUT SOMETHING IN A CUP - GET A PRIZE

FEED THE BABY – GET A PRIZE

STIR IN A CUP – GET A PRIZE

TAKE SOMETHING OFFERED – GET A PRIZE

PICK UP SOMETHING OFFERED – GET A PRIZE

TURN ON A MUSIC/GAME DEVICE – GET A PRIZE

PUSH IN THE JACK IN THE BOX- GET A PRIZE

SCRIBBLE ON THE PAPER – GET A PRIZE

SAY ‘AHH’ - GET A PRIZE

SAY “B’ – GET A PRIZE