

## How to identify effective reinforcers

Finding powerful reinforcers is crucial to the implementation of **AAC**. Sometimes it is very difficult for us to decide what our children, enjoy and what motivates them. Some are passive, some like everything and some appear to like nothing.

Use the table below and list in each heading 4 or 5 ideas/items if possible. Be specific and write the names of brands if these are important. Some examples are given .Also always offer in small quantities during the session .

<b>Food and Drink</b>	
<b>Snacks</b>	
<b>Salty</b>	Chips , fries , murukku , popcorn ...
<b>Sweet</b>	Cake , chocolate , biscuit ...
<b>Crunchy</b>	Mixture , biscuit , nuts ,
<b>Smooth</b>	banana , icecream , jam , jelly ...
<b>Spicy</b>	chilli with mangoes , guavas , spiced chips
<b>Sour</b>	Sour chews , Lime
<b>Fruits</b>	apple , banana, grapes ...
<b>Drinks</b>	
<b>Hot</b>	Bournvita , horlicks ...
<b>Cold</b>	Milk shake , juice ...
<b>Sweets</b>	
<b>Chewy</b>	Chewing gum , fruit bar ...
<b>Hard</b>	Lollypop , toffee , nut chikki ...
<b>Mints</b>	Polo , Mentos...
<b>Chocolates</b>	Kitkat , Gems ....
<b>Indian Sweets</b>	Jelaebi , Kaju katli ...
<b>Icecreams</b>	Vanilla , chocolate , cone , stick....
<b>Cakes</b>	Chocolate , Vannila ...
<b>Breakfast Items and sides</b>	
<b>Indian</b>	Idli , dosa , Parntha ,Sambhar , chutney...
<b>Continental</b>	Toast , omelette, boilded egg , jam , butter...
<b>Cereal</b>	Corn flakes , chocos ...
<b>Bread</b>	Sandwich , burger ...
<b>Lunch/Dinner Foods</b>	
<b>Main Course</b>	Rice , chapathi , Pasta...
<b>Vegetables</b>	Potato , Brinjal , Tomato...
<b>Sides</b>	Curd , Pappad ,Salad ,,,
<b>Condiments</b>	Salt Pepper....

## Others - Non Food

### Favorite Toys or items

<b>Visual and Movement</b>	like bubbles , balloons ,tops , toy cars , marble run , torch , lights , looking out of window , sand timer , lighted ball , glitter bottle.
<b>Auditory Sounds</b>	like Drum, whistle ,rattle , xylophone, piano , bell , sound bottles,
<b>Tactile Touch</b>	lotion , powder , cellotape , glue , ice , hot water bag , water spray ,shaving cream , paints , clay , playdough , koosh ball
<b>Olfactory Smell</b>	soap , lotion , deodorant spray , perfume , agarbatti , dhoop

### Favorite Activities

<b>Play ground/Indoor games/activities</b>	Cycle , scooter, ball throw & catch, swing, slide, see saw, roundabout, sand play, trampoline , therapy ball, running , bouncing , jumping puzzles , beads
<b>Gadgets</b>	mobile phone, key board [music], computer [cd , you tube etc]], musicsystem/radio [volume],, music cd remote, cd, TV[channel] , I- pad[apps/games] ,videos [dvd]
<b>Activity with adult</b>	Drive in the car, tickle, carry, animal ride, piggy back, bouncing massage[deep pressure] ,swing around ,Pressure on body – deep, light , body part, Singing rhymes, finger plays