Parent's Guide

WHAT IS DR?

- Differential Reinforcement is a focused evidence-based practice for children and youth on the spectrum from 0-22 years old.
- Differential reinforcement is a practice used to help decrease behaviors that interfere with learning and daily functioning.



WHY USE THIS DR WITH MY CHILD?

- Differential reinforcement is needed when a challenging behavior regularly interferes with your child's safety, the safety of others, and the learning process.
- Research studies have shown that Differential Reinforcement has been used effectively with many age groups to achieve outcomes in the following areas: academic/pre-academic, adaptive/self-help, behavior, communication, joint attention, motor, play, school readiness, and social.

WHAT ACTIVITIES CAN I DO AT HOME?

- Notice when your child has a behavior that interferes with their learning or safety. Think about what happened before or after the behavior and share your notes and observations with your IEP team. This will help the team develop possible reasons for the purpose of the behavior and help choose a differential reinforcement strategy.
- Create a list of favorite activities or objects to be possible reinforcers that can be used at home or in school.
- If the same behavior is happening at home and school, use the same differential reinforcement strategy in both settings.

Differential Reinforcement DR

This parent introduction to DR was designed as a supplemental resource to help answer questions about Differential Reinforcement.

To find out more about how this DR is being used with your child, please talk with:

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For more information about this selected evidence-based practice, please visit https://afirm.fpg.unc.edu/.