

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 .

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

Others - Non Food

Favorite Toys or items

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

Favorite Activities

Play ground/Indoor games/activities	Cycle , scooter, ball throw & catch, swing, slide, see saw, roundabout, sand play, trampoline , therapy ball, running , bouncing , jumping puzzles , beads
Gadgets	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]
Activity with adult	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