

LOOK OUT! WHAT ARE SOME PIT FALLS OF THEESE?

Operant conditioning is a very common method of children learning right from wrong, but when is it too much? Operant conditioning should be used to fairly discipline your child, not to abuse them or scar them mentally in any way. Punishments and reinforcement should be used wisely, not for every detail a child does incorrectly. Kids look up to their parents and adults, so how you treat them and discipline them will affect them greatly in the future. The decisions you make today will be of value when your child grows up, so condition your kids wisely.

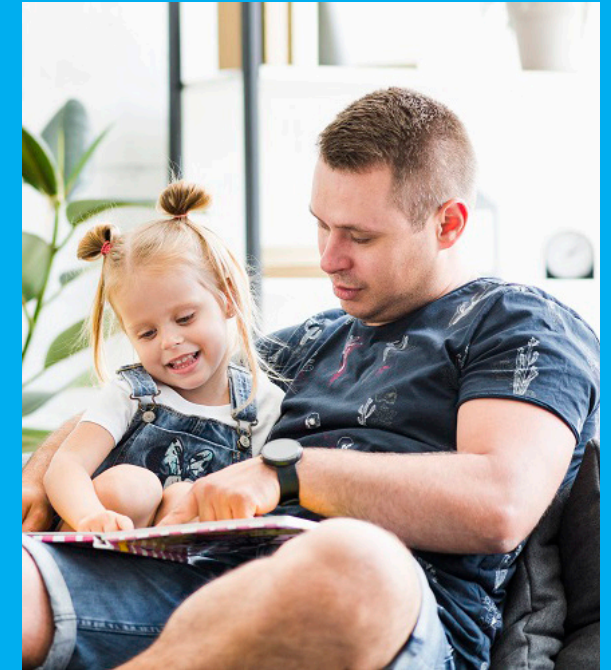


CAN I USE CLASSICAL CONDITIONING ON MY KID?

Yes, you can use classical conditioning on them. However, classical conditioning does not condition kids to do or not do a certain action. The goal for classical conditioning is to change the child's feelings and emotions about a stimulus. For example, you can classically condition your kid to associate you going to the kitchen as a snack, because snacks make them happy. After some time, you going into the kitchen will make your child happy, because they are assuming you are making a snack. This type of conditioning usually happens naturally unless forced on the subject, but it is definitely worth the try.



LEARNING DEVELOPMENT: A PARENTAL GUIDE By Alexandra Ortiz Diaz



WHAT IS OPERANT CONDITIONING?

Operant conditioning is a method of learning that occurs through rewards and punishments for behavior. Through operant conditioning, an individual makes an association between a particular behavior and a consequence. This way, kids can learn right from wrong when associating different actions with their respective consequences. But...how does it work?

THERE ARE **FOUR** DIFFERENT TYPES OF REINFORCEMENT FOR OPERANT CONDITIONING



1) POSITIVE REINFORCEMENT

- a) When a child receives praise for performing a chore without complaint
- b) When a child receives a piece of candy for doing their homework
- c) When a child receives a monthly allowance for behaving well through the month

2) NEGATIVE REINFORCEMENT

- a) When the parent complains to their child when the child doesn't clean their room.
- b) When the parent grounds their child for misbehaving during dinner
- c) When the parent takes away the child's electronics away for not studying or doing their homework

3) PRIMARY REINFORCERS (BIOLOGICAL NEEDS)

- a) Food
- b) Sleep
- c) Pleasure

4) SECONDARY REINFORCERS (ACQUIRE THEIR POWER VIA A HISTORY OF ASSOCIATION WITH PRIMARY REINFORCERS OR OTHER SECONDARY REINFORCERS)

- a) Money
- b) Clothes
- c) Toys

CONTINUOUS AND PARTIAL REINFORCEMENT WHICH SCHEDULE WORKS BEST?

Continuous Reinforcement is a schedule of reinforcement in which **every** occurrence of a particular response followed by a reinforcer, while **partial reinforcement** is when the occurrence of a particular response is **only sometimes** followed by a reinforcer.

Each schedule has its own purpose. Depending on what emphasis you want to give to your child on certain actions and their consequences, you either constantly or partially reinforce consequences and/or punishments.

THE SCHEDULES OF REINFORCEMENT

1) FIXED-RATIO SCHEDULE (FR)

Where the reinforcer is delivered **after a fixed number of responses** has occurred. An example would include giving your child \$5 every three days if they had done their chores in those three days.

2) VARIABLE-RATIO SCHEDULE (VR)

Where the reinforcer is delivered **after an average number of responses**, which varies unpredictably from trial to trial. An example would include giving your child \$5 whenever you feel is right when they do their chores.

3) FIXED-INTERVAL SCHEDULE (FI)

Where the reinforcer is delivered for the first response that occurs **after a preset time interval has elapsed**. An example would include giving your child \$5 if they do their chores for three hours straight, but you can't give them the money before those three hours.

4) VARIABLE-INTERVAL SCHEDULE (VI)

Where the reinforcer is delivered for the first response that occurs **after an average time interval**, which varies unpredictably from trial to trial. An example would include giving your child \$5 after a random time interval of them doing their chores.

PUNISHMENTS AND BEHAVIOR

Punishment is the presentation of a stimulus or event following a behavior that acts to decrease the likelihood of the behavior being repeated.

This is not the same as negative reinforcement

COMPARING PUNISHMENT AND NEGATIVE REINFORCEMENT

PROCESS	OPERANT	CONSEQUENCE	EFFECT ON BEHAVIOR
Punishment	Wear a warm but unstylish flannel shirt	A friend makes a hurtful comment, "nice shirt, whose couch did you steal to get the fabric?"	Decrease wearing shirt in future
Negative reinforcement	Wear a warm but unstylish flannel shirt	Avoid feeling cold and uncomfortable all day	Increase wearing shirt in future

Punishment and negative reinforcement are two different processes that produce opposite effects and given behavior. Punishment decreases the future performance of the behavior, while negative reinforcement increases it.

Not all punishments are "bad". There are positive and negative punishments.

1) POSITIVE PUNISHMENT SITUATION IN WHICH AN OPERANT IS FOLLOWED BY THE PRESENTATION OR ADDITION OF AN AVERSIVE STIMULUS

- a) When a child acts up in a family meeting so they get scolded
- b) When a child misbehaves in class so they get detention
- c) When a child cheats on a test so an email gets sent to their parents

2) NEGATIVE PUNISHMENT SITUATION IN WHICH AN OPERANT IS FOLLOWED BY THE REMOVAL OR SUBTRACTION OF A REINFORCING STIMULUS

- a) When the child raises their voice so they get their electronics taken away.
- b) When the child sneaks out of the house so they are no longer allowed to go out with friends
- c) When the child bullies their sibling so they get their toys taken away

ALTERNATIVES TO PUNISHMENT

1) REINFORCE AN INCOMPATIBLE BEHAVIOR

If you're trying to decrease your child's whining, respond to their requests only when they talk in a normal tone.

3) REINFORCE THE NON-OCCURRENCE OF THE PROBLEM BEHAVIOR

If trying to reduce bickering between children, set an appropriate time limit, and then provide positive reinforcement if they have not squabbled during that interval.

2) STOP REINFORCING THE PROBLEM BEHAVIOR

Your child keeps on asking if they can go to the park, but you are working. Instead of acting interested, ignore their request.

4) REMOVE THE OPPORTUNITY TO OBTAIN POSITIVE REINFORCEMENT

When an undesirable behavior occurs, the child is immediately sent to a time-out area that is free of distractions and social contact.



OBSERVATION LEARNING....WHAT IS IT?

IT'S SIMPLE!

Observational learning is learning that occurs through observing the actions of others. Children learn everyday using observational learning. They imitate actions taken by their parents, teachers, and well known adults. They also imitate some behavior showcased in certain kids shows such as Elmo and Barney!



WHAT ARE SOME EXAMPLES?

1)

Whenever a mom dresses up, it is common for her daughter to do the same, and use her lipsticks, heels and dresses. She imitates her mother's actions, as she wants to be, or do, the same as her mom.

2)

Infants learn to walk through observational learning. They see adults and older kids around them walking, so they assume they should be doing the same. They see you walking and imitate the movements you do.

3)

A child learns to make and different facial expressions by observing his/her parent. Children learn facial expressions by observing others around them. Then, they begin to understand that a smile means happiness and a frown could mean anger.

4)

A child watching their favorite kids TV program might see some good actions done by the characters. Then, they will repeat these actions since they got a sense that they were correct.

5)

Children learn to play simple games when they see others around them. Then, they catch up on the rules of the game, and begin to play it themselves.