**Areli Jimenez**

**FHS 1500**

**Assignment Chapter 1**

**Operant Conditioning**

I am a single mother of a six year old daughter. As I thought of this assignment I was reminded of this past Winter Break. My daughter is very particular and tends to take her sweet time in accomplishing things when asked. Also, she had been out of school and after giving her all the attention that she needed during this time she kept having tantrum espisodes that I haven’t seen in a while. Through much thought I decided that her behavior needed to stop, and that she needed to have consequence for each time she did not listen to rules or instructions given. One of my main ideas for the program I have implemented was making sure that she had fun while doing certain task and chores, and mostly, positively influencing her to make good choices. Ultimately, this program has become a reward system. She has five task that are timed by my clock and which are given throughout the day. Every time she completes each task in a timely manner she is given a reward such as a small candy, cracker, chip, or diamond. When she finishes all tasks a limited privilege is awarded such as computer time, TV, Xbox, rock climbing, etc. Most of the privileges have been thought out and have been chosen by her. Also, when she finishes her last task she earns a diamond. She needs to earn five diamonds in order to pick a special outting of her choice. One thing that I also do is not only reward her with tangibles, but I praise her for finishing something.

This program has been working for her. She loves doing the things she would normally complain or take forever in accomplishing. She makes her bed, brushed her teeth fast, gets dressed, and even, she showers without complaining. There have been times that she has not earned her reward, but because she didn’t accomplish her tasks. I talked to her and remind her that not accomplishing her task gave her a consequence which equal not getting her reward. I am really proud of my daughter and I will continue to work with her as I keep implementing this system. It can be hard, but I rather do this than deal with the tantrums outburst.