

INCREASING HEARING AID WEAR TIME WITH A TOKEN ECONOMY: A GUIDE FOR PARENTS

Token economies, or token boards, are a simple and structured way of providing reinforcement for your child's hearing aid use!

How can you use a token economy?

1. Determine an appropriate time-goal and appropriate reinforcers with your clinician
 - a. The goal for the amount of time your child will tolerate keeping the hearing aid on should be achievable for your child and increase gradually (if they take the hearing aid off every 15 minutes make 10 minutes your initial time goal)
 - b. The reinforcer should be something your child would want to work and also something you are comfortable not giving to your child until they earn it
2. Create a token board with your clinician that is appropriate for your child. Token boards and token economies can look different for each child!
 - a. Token boards consist of blank spaces (the number of spaces can vary) for you/your child to place earned tokens and a section for the reward/reinforcer so your child can see what they are working for
 - b. Token economy charts consist of a list of various reinforcers/rewards that your child can pick from. These charts must state how much each reinforcer "costs" because they can cost different amounts.
3. Each time your child wears the hearing aid for the specific amount of time you give them a token.
 - a. Make sure you also give them praise for meeting their goal!
 - b. If you are using a token board have them put the token on the board with you so they can see they are closer to their reinforcer.
4. Once they have earned the specific number of tokens, they are able to earn the reward/reinforcer
 - a. If you are using a token economy where each item can cost different amounts of tokens, make sure you continually count the tokens and fill in the blank space of how many tokens they have. It is up to your child if they want to cash in their tokens or if they want to keep saving their tokens for a bigger reward.