



Structure Instead of Struggles: ChildHelp.info - How a Simple System Improves Family Life

Positive reinforcement instead of pressure: A proven approach from behavioral therapy made practical for everyday family life.

From its early beginnings in the 19th century, the token system has developed into an established tool in behavioral therapy. ChildHelp.info has now simplified it so parents can apply it directly in everyday life - without prior knowledge, without an app.

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Homework, brushing teeth, screen time: everyday routines with children often push families to their limits. The platform ChildHelp.info presents its token system as a practical tool that helps parents bring more structure, motivation, and calm into daily life - without punishments or endless arguments.

The system is based on the principle of positive reinforcement: children receive small tokens for desired behaviors, which they can later exchange for rewards. This fosters responsibility, orientation, and cooperation - especially in sensitive, impulsive, or easily overstimulated children. The effectiveness of such systems is scientifically proven. Studies show that token systems improve concentration and social cooperation in children with ADHD (Fabiano et al., 2009), significantly extend attention span (Ardiansyah et al., 2021), and can noticeably reduce disruptive behaviors - even in autistic children (Koegel et al., 2010; Fitriani et al., 2024). In school settings, classroom disruptions were reduced by up to 80% (McLaughlin & Williams, 2003). A qualitative study with 40 children further confirmed improvements in social behavior, learning motivation, and self-regulation (Al-Shammari et al., 2020).

"I never thought my son would start setting the table on his own and be proud of his token," says a mother from Berlin.



Simple. Practical. Relationship-Oriented.

The token system is designed for families with children ages 2 to 18. It includes practical step-by-step instructions, numerous examples, and a well-founded parent's guide, ready to use immediately, without an app, without prior knowledge. More and more families, as well as educational and therapeutic professionals, are using the token system, not as a tool of control but as a relationship-based approach that empowers children and relieves parents.

The accompanying e-book is currently available at a reduced price.

Interested readers can download a comprehensive free preview here:

<https://ikindu.com/token-system-reward-system/>

Editorial teams can request a free copy, along with additional information and image material.

Press Contact:

ChildHelp.info | **Thomas Prosi** | Ehrenbergstraße 16a/4703 | 10245 Berlin | Germany

E-Mail: Press@ChildHelp.info | **Phone:** +49 30 5490 5792

Website: <https://ChildHelp.info> | **X (Twitter):** @ChildHelpInfo

ChildHelp.info is a platform created by parents and professionals for anyone who wants sound, practical, and easy-to-implement support for everyday family life. The content is based on real-life experiences and professional expertise.

Free tips and e-books: **ChildHelp.info** offers concrete information and lovingly formulated strategies to make everyday life with children more relaxed, constructive, and heartfelt. Online-Shop: **iKindU.com**

