00:00 now let's discuss Premack principle the 00:03 Premack principle intervention states 00:05 that a more probable or desirable 80:00 behavior will reinforce a less probable 00:11 or desirable behavior this intervention 00:14 is also known as first then for 00:17 example first you do your math problems 00:19 then you may get on the computer it's 00:21 also known as grandma's rule here are 00:25 some benefits of using Premack principle 00:27 it's useful in any location and in any 00:31 setting because it requires no training 00:33 all staff can implement this 00:36 intervention it provides reminders of 00:39 preferred activities and it increases 00:41 engagement in low probability behavior