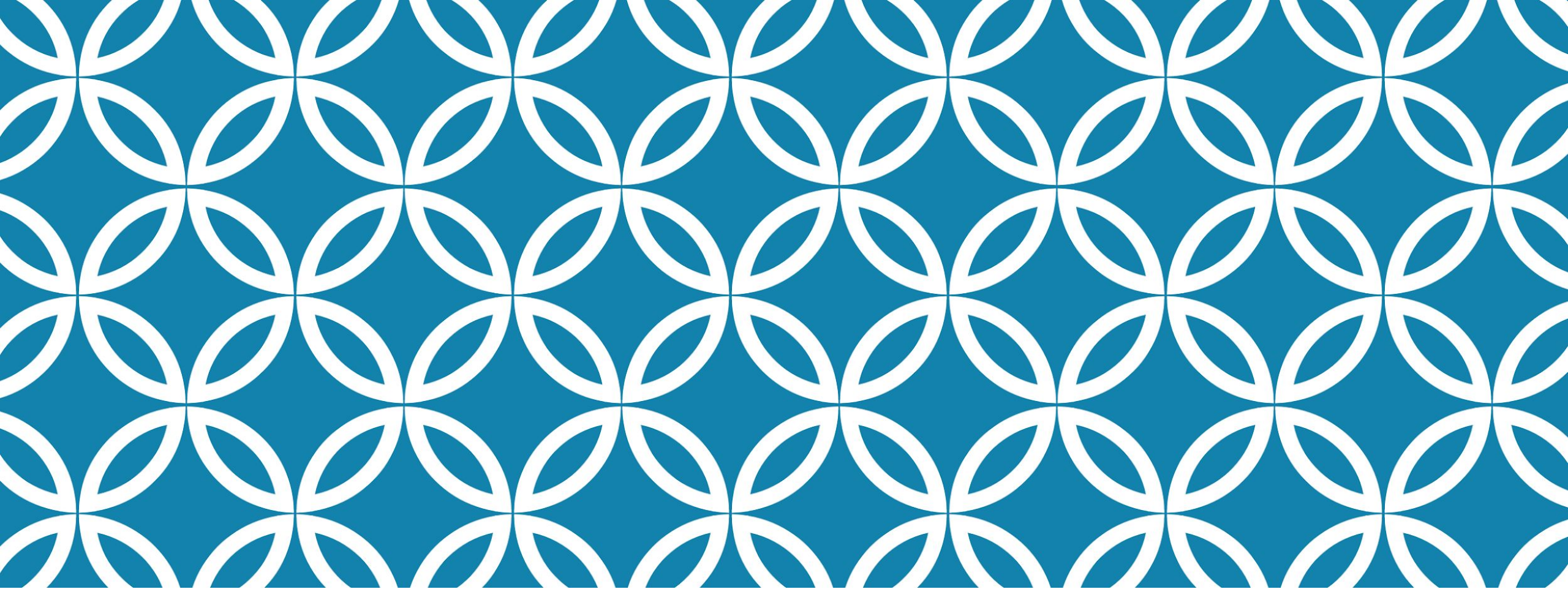




USING PBIS PRINCIPLES AT HOME

(PBIS=Positive Behavior
Intervention and Supports)

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HELPING PARENTS UNDERSTAND PBIS AT SCHOOL

Our school has developed a set of expectations or rules for your child's behavior at school. We will teach these expectations to all of our students, and we will recognize students who meet them. The expectations will be the same for students in all areas of our school, including the playground, hallways, the lunchroom, the classroom, and on the bus.

Discuss the school's expectations at home with your child: "Do you understand these rules? Do you think you can follow these rules at school?"

“The Valley View Values”

“The Valley View Values” are posted around the school to remind students of the expectations here at Valley View.

Valley View Values

Be Safe

Be Kind

Be Responsible

WHAT ABOUT AT HOME?

Implementing PBIS at home can help children maintain the behavioral expectations in your home.

Click [here](#) to learn more about setting up a PBIS based behavior program in your home



To truly change behavior, appropriate behavior must be... (all 4 are correct!)

- 1) taught
- 2) modeled
- 3) practiced
- 4) acknowledged



SAMPLE HOME MATRIX OF EXPECTATIONS

(each block explains the behaviors you

WANT to see from your child)

	Before and After School	Bathroom	At Mealtimes	When outdoors playing	At bedtime
Be respectful	<ul style="list-style-type: none"> Keep hand/feet to self Wait your turn Allow others to share your toys Use indoor voice 	<ul style="list-style-type: none"> Wait your turn If door is closed, knock first 	<ul style="list-style-type: none"> Use manners Say nice things or nothing at all Listen to adults 	<ul style="list-style-type: none"> Wait your turn Use kind words Use indoor voice 	<ul style="list-style-type: none"> Listen to adults
Be responsible	<ul style="list-style-type: none"> Have things needed for school ready Be ready to exit Listen to adults 	<ul style="list-style-type: none"> Wash hands Put paper in trash 	<ul style="list-style-type: none"> Use utensils properly Clear your plates 	<ul style="list-style-type: none"> Follow safety rules Clean up toys 	<ul style="list-style-type: none"> Brush teeth Put on pajamas Turn off electronics 1 hour before bedtime
Be kind	<ul style="list-style-type: none"> Use kind words Use kind actions 	<ul style="list-style-type: none"> Take turns Respect others' privacy 	<ul style="list-style-type: none"> Use kind words Use kind actions 	<ul style="list-style-type: none"> Use kind words Use kind actions Share with others 	<ul style="list-style-type: none"> Use kind words

DIFFERENT HOMES, DIFFERENT EXPECTATIONS



Different homes may have different expectations for their children's behavior.

Whatever you as a parent decide is right and okay for your home, it is important that you set the expectations and follow through!

Many children spending time in two homes have different expectations in each. The most important part is that the child knows what is expected of them in each. It may help to have similar expectations, but it is not always practical. Children function better when they know the expectations of each setting.

CREATING YOUR HOME EXPECTATIONS

#1 Expectations should reflect the most important things you expect in your home

- Use broad categories (be respectful, be responsible, be honest, be kind, show self-control, be safe, be helpful etc.)
- Limit the number to about 3-5 broad expectations (the previous example had three)

DEFINING YOUR HOME EXPECTATIONS

#2 For each expectation, decide when or where you expect those behaviors

- Examples: Mealtimes, Mornings, Riding in the car, Bedtime, etc.
- The more areas you can teach the expectations, the less controversy (“I didn’t know I couldn’t yell in the car!”)

GUIDELINES FOR PARENTS



#3 Use positive wording

Instead of “Don’t run in the store,” try “You must walk in the store.”

Instead of “Stop yelling,” try “Use your inside voice.”

Instead of “No throwing the ball in the house,” try “You can only throw the ball outside.”

“No and Don’t”

Did you notice the expectation descriptions do NOT contain the words NO or Don’t?

If we were to list all of the things kids are NOT supposed to do....well... we couldn’t!

PBIS is focusing on teaching kids the behaviors we EXPECT them to have.

Have a FAMILY MEETING

Hold a family meeting to present the matrix.

Explain the expected behaviors.(It's great to get input from your kids, but don't feel like you need their *approval*. They are YOUR expectations and you are the adult.)

Demonstrate, discuss, and/or role play each expected behavior.

Explain the what the positive reinforcement will be and what the consequences will be.



GUIDELINES FOR PARENTS

#4 Be a teacher



When you have to say NO, give a reason why.

For example, while shopping, your child asks you to buy him a toy. You know how many toys he already has, and you are short on time. You tell your child, “No, we can’t buy that toy today because you already have a toy in the car that you can play with on the way home.”

If your child accepts your answer, compliment him, saying something like “Thank you for being respectful and understanding that we can’t buy a new toy today.”

GUIDELINES FOR PARENTS



#5 Acknowledge appropriate behavior

Use positive reinforcement to teach your children which actions/behaviors are expected, accepted, or desired.

Figure out what kinds of acknowledgements your child will be motivated by. Ask them what they would enjoy doing (not necessarily having)!

Create a special “reward” basket or box of toys or items that you already own but that your child only gets to play with or use when they have done what was expected.

Create a visual recognition system, such as a sticker chart. For example, list your child’s weekly chores and use a sticker to mark when each one is completed. At the

More about Acknowledgements



Often, the most meaningful “rewards” are doing things with YOU!

Children crave positive attention from parents, grandparents, friends and other family members. When you can provide a “reward” that includes time with you, the “expected” behaviors will start happening more often.

Rewards or acknowledgements DON'T have to cost money! Play a game together, read together, let them choose what you can both make for dinner, build a fort with couch cushions..... Get creative!

POSITIVE REINFORCEMENT (we are so used to pointing out what NOT to do, parents need to really focus on letting kids know when they ARE following the expectations you set)



It is *absolutely essential* that you *consistently* provide positive reinforcement when your children behave as you expect.

Some ideas:

- Each child could have a goal and earn a reward for reaching their individual goal
- You could have a family goal (“When we earn 50 points, we will...”)
- You could offer a “menu” of rewards, some big, some small, that children can “buy” with points that they earn
- You could do a lottery-style drawing in which more entries = more chances to win

CONSEQUENCES

When problem behavior occurs (and it will!):

- 1) Stay calm!
- 2) Remind your child of the expectation
- 3) Reteach, model, and/or have your child practice the appropriate behavior
- 4) Give an appropriate consequence
(consequences are best when they relate to the problem behavior)



Examples of consequences

For example:

If your child refuses to turn off their electronic device when you ask.

Remain calm, remind them of the expectation to listen to adults, have them practice what to do when you ask them to turn off the device (literally ask them to push the off button), then provide a consequence like loss of 30 minutes of tech time.

I know most families can relate to this example!

WHY SHOULD I TRY PBIS AT HOME?

Appropriate behaviors at home can transfer to school, and vice versa.

You will feel better when you focus on what is going right (the positive!). Your kids will notice and respond to this positive change in you and in turn give you even more reasons to feel positive.



Additional Resources

Example of PBIS at home matrix