



# Innovate, Collaborate, Educate: Learning Beyond the Classroom for Future-Ready Families

Thursday, October 24 | 6-7:30 pm



**FEDERAL WAY**  
PUBLIC SCHOOLS



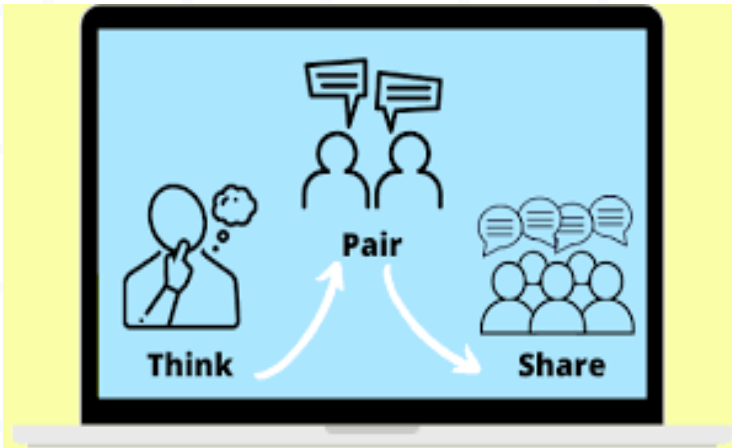


# Supporting Positive Behavior at Home

October 24, 2024  
Erin Hutchinson, SEL  
Facilitator



# Inclusive Welcome



What memory from  
childhood brings a smile to  
your face?

Why?

two



**GOAL 2: WHOLE CHILD**  
Thriving, Confident, Responsible Individuals



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# Positive Behavioral Interventions & Support (PBIS) at Home

Steps for establishing a positive, consistent home environment:

- Define the behavior routines
- Teach & practice the behavior
- Reinforce success
- Interrupt/ redirect unwanted behavior
- Respond to behavior

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# Routines at Home

Morning Routine		Evening Routine	
 Wake Up <input type="checkbox"/>	 Eat Breakfast <input type="checkbox"/>	 Eat Dinner <input type="checkbox"/>	 Brush Teeth <input type="checkbox"/>
 Get Dressed <input type="checkbox"/>	 Brush Teeth <input type="checkbox"/>	 Clean Up <input type="checkbox"/>	 Go Potty <input type="checkbox"/>
 Make Bed <input type="checkbox"/>	 Put on Shoes <input type="checkbox"/>	 Take a Bath or Shower <input type="checkbox"/>	 Read a Book <input type="checkbox"/>
 Clean up Laundry <input type="checkbox"/>	 Fill up Water Bottle <input type="checkbox"/>	 Put on Pajamas <input type="checkbox"/>	 Lights Out <input type="checkbox"/>
 Brush Hair <input type="checkbox"/>	 Pack Bag <input type="checkbox"/>	 Brush Hair <input type="checkbox"/>	

## Other Possible Routines:

- TV/ Screen Time
- Pet care
- Chores
- Mealtimes
- Inside/ Outside Play
- Homework

What daily routines would you like to improve in your home?



# 1. Define Home Routines

	Morning Routine	Mealtimes	Homework	Evening Routine	Inside Play	Outside Play
Be Responsible						
Be Respectful						
Be Safe						

Choose one routine to start.

## Example:

	Morning Routine
Be Responsible	<ul style="list-style-type: none"><li>• Use the bathroom</li><li>• Make your bed</li><li>• Get dressed</li><li>• Eat breakfast</li><li>• Brush Teeth</li></ul>
Be Respectful	<ul style="list-style-type: none"><li>• Be ready on time</li><li>• Use quiet voice if others are sleeping</li></ul>
Be Safe	<ul style="list-style-type: none"><li>• Stay indoors</li></ul>

- You can decide the **values** that are important to you and your family OR...
- Use the **same expectations** as your child's school.

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## 2. Teach and Practice the Behavior

Model the behavior where you want to see it.

Give clear, specific directions.

Teach the wanted behavior one step at a time.

Give positive feedback.

### Keys to Success:

If you want a behavior, **teach it** and **model it**.

If you like the behavior, **recognize it**.

Teach a new behavior, rather than reacting to the unwanted behavior.

**Patience is important** when teaching a new behavior!

**Model** wanted behaviors through your own behavior.

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How do you encourage positive behavior at home?



WHOLE CHILD  
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# 3. Reward Positive Behavior

- Encouraging words that are specific
- Privileges
- Activities
- Items child wants to earn
- Develop a list with your child that they would like to earn



 Remember!

**Keys to Success:**  
It is inappropriate to take away a reinforcement once it is given.

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# Keeping Track of Positive Behavior

**Daily Success Record**  
Place a checkmark when a task is completed

Tasks	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1.							
2.							
3.							

## MY BEDTIME CHECKLIST



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I Was Responsible! I Brushed My Teeth! 							
I Was Ready! I Put on my Pajamas! 							
I was Ready and Respectful! I Went to Bed on Time by Myself! 							

**Thumsters- Parenting App:** Free, behavior tracking app that allows you to acknowledge and reward positive behaviors for your child.

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# Connect & Redirect with Unwanted Behavior

Connect with your child

Focus on what is behind the action/behavior

What you say is important, but so is how you say it.

Communicate comfort

Validate feelings

Stop talking and listen to your child

Reflect what you hear back to your child

## 6 PHRASES TO VALIDATE EMOTIONS IN KIDS

- ♥ I'm so sorry that happened.
- ♥ That must have been hard.
- ♥ I know it's hard now, but it will get better.
- ♥ We all worry sometimes.
- ♥ It's normal to feel this way.
- ♥ No matter what happens, I'm here for you.

[THISTIMEOFMINE.COM](http://THISTIMEOFMINE.COM)

# Connect & Redirect with Unwanted Behavior

Then, Redirect the behavior

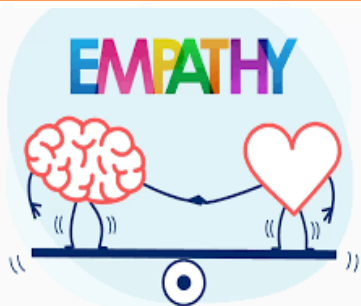
Wait until your child is ready (calm) and be consistent

Think about what you want to teach and the best way to teach/ reteach it

Insight: help your child understand their own feelings and their responses to difficult situations

Empathy: Give kids practice reflecting on how their actions impact others.

Repair: Ask kids what they can do to make things right.



## Keys to Success:

Knowing the cause of the behavior does not excuse it. Be calm. Remember, it's not personal; let it go once it's over!

# School Supports and Intervention

**Collaboration with school staff can support behavior at school and home.**

## **Key Members of the School Support Team:**

- Scholar's Teacher
- School Admin (Principal/Asst Principal)
- School Counselor
- School Psychologist and Case Manager (IEP)



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# Intentional Close

What is one takeaway that you want to try with your child or children at home?



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# Questions?



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# Breakout 2 Workshops:

Solving Together: Building Mathematical Thinkers at Home

Room K102

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How to Use Tech and Media to Build Life Skills in Young Minds

Room K106

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Guiding Your Scholar to Success: Making the Most of SLCs

Room K107

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IEP Essentials: Navigating Special Education for Your  
Scholar's Success | Room K103



# Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey:

Scan QR Code:



Or, Visit: [www.fwps.org/FamilyAcademySurvey](http://www.fwps.org/FamilyAcademySurvey)