

PBIS AT HOME:
ALWAYS A 5 STAR GENERAL

Several thin, white, parallel lines are drawn diagonally across the right side of the image, starting from the top right corner and extending towards the bottom left.

To truly change behavior, appropriate behavior must be...

1) taught

2) modeled

3) practiced

4) acknowledged



GUIDELINES FOR PARENTS



#1 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.”

GUIDELINES FOR PARENTS

#2 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

#3 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 end of the week, if all chores are completed according to expectation, give a reward.

STEPS TO IMPLEMENTING PBIS AT HOME

- 1) Decide on expectations
- 2) Have a family meeting
- 3) Use positive reinforcement for appropriate behaviors
- 4) Use consequences for inappropriate behaviors



STEP 1: DEVELOP EXPECTATIONS

Choose 3-5 clear expectations.

Consider using the ones that your child's school uses. Examples include:

- ▶ Be respectful
- ▶ Be responsible
- ▶ Be safe
- ▶ Be helpful
- ▶ Be kind
- ▶ Show self-control
- ▶ Be honest

Create a behavior matrix that outlines what you expect from your children at home at various times or during various parts of the day.

EXAMPLE OF A HOME MATRIX

	Getting Ready in the Morning	Riding in the Car	Doing My Part/Chores	Learning Time	Meal Time	Getting Ready for Bed
Respectful	Use only kind words	Use inside voice	Ask how you can help around the house	Say "please" and "thank you" when asking for assistance	Give a compliment to the person who prepared the meal, Listen while others are speaking	Go to bed when asked the first time
Responsible	Put breakfast dishes in the sink or dishwasher	Buckle up	Help without being reminded or asked	Complete your digital learning assignments as directed	Clean up the dishes, take out the trash	Brush your teeth without being reminded
Resourceful				Pay attention to the tutorials before asking for help. REREAD		
Motivated	Put on your clothes for the day, leave pajamas for bedtime		Complete your chores with a smile on your face! "Whistle while you work!"	Always focus on what you "CAN" do, not what you "CAN'T" do		
Prepared				Charge your chrome book each night		Grab your favorite stuffed animal and jump in bed

STEP 2: FAMILY MEETING



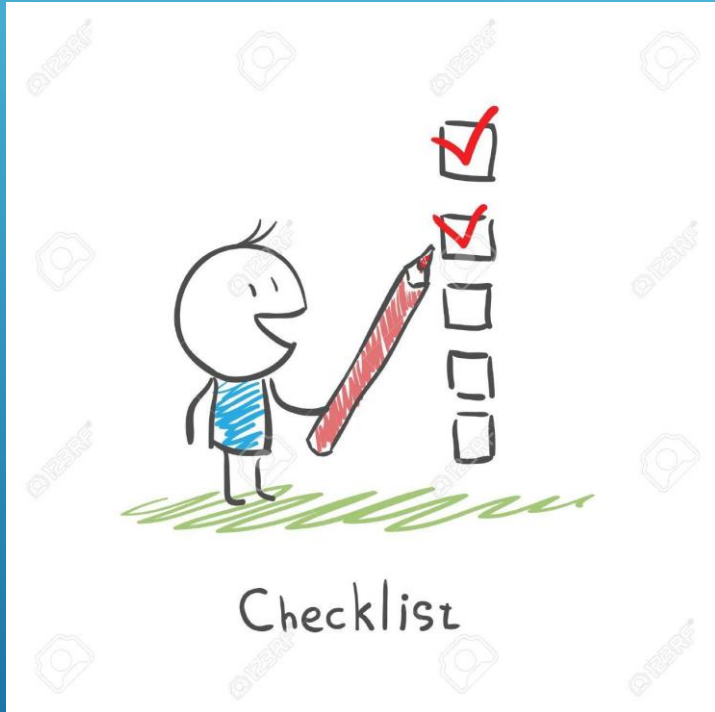
Hold a family meeting to present the matrix.

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.

STEP 3: POSITIVE REINFORCEMENT



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

STEP 4: 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



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.



WORK CITED

Hammond, Shannon, "PBIS FOR PARENTS: USING PBIS PRINCIPLES AT HOME,"
Oconee County Schools, 7 April 2020.

file:///C:/Users/astill/Downloads/PBIS%20for%20Parents%20Using%20PBIS%20Principles%20at%20Home%2011814%20(1).pdf

Three white lines of varying lengths and slopes are positioned in the bottom right corner of the slide, extending from the right edge towards the center.