



PBIS at Home

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

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

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!

Remember that every child is different, even children in the same family living in the same home. What works for some children will not work for all!

#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."

#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."

#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

Keep Scrolling for more information!



PBIS at Home

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

	AM Routine	Riding in the Car	Doing Chores	Completing HW	Meal Time	PM Routine
Positive	Wake up with an "I can" attitude	Use Kind Words	Be cheerful when doing chores	Try Your Best	Give a compliment to the person who prepared the meal	Tell a parent one positive thing that happened today
Respectful	Put Breakfast dishes in sink or dishwasher	Use quiet voice	Ask Mom or Dad if they any need extra help	Politely ask for help when needed	Listen while others are speaking	Follow bedtime rules
Responsible	Get dressed quickly	Buckle your seatbelt	Do it without being reminded	Follow HW schedule	Carry plate from the table to the kitchen	Brush your teeth

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.



PBIS at Home

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.