

Positive Behavior Support
for Parents

Overview

- Overview of PBS
- PBS in your child's school
- Key components of PBS
- How to apply key components to the home environment



What is PBS?

Positive Behavior Support is a designed to help schools increase positive behavior by:

- Creating a positive school climate through common language and positive relationships
- Teaching and reinforcing expected behaviors
- Changing the environment and adult behaviors to support students
- Preventing the majority of problem behaviors
- Responding to behavior errors similarly to learning errors



What Does PBS Look Like?



Schools implementing PBS will have...

- a team of staff members who work together to build a school plan
- Clearly defined and visibly posted expectations in all areas
- Methods for recognizing positive behavior for all students
- Consistent and logical consequences for problem behavior focused on helping students learn how to improve



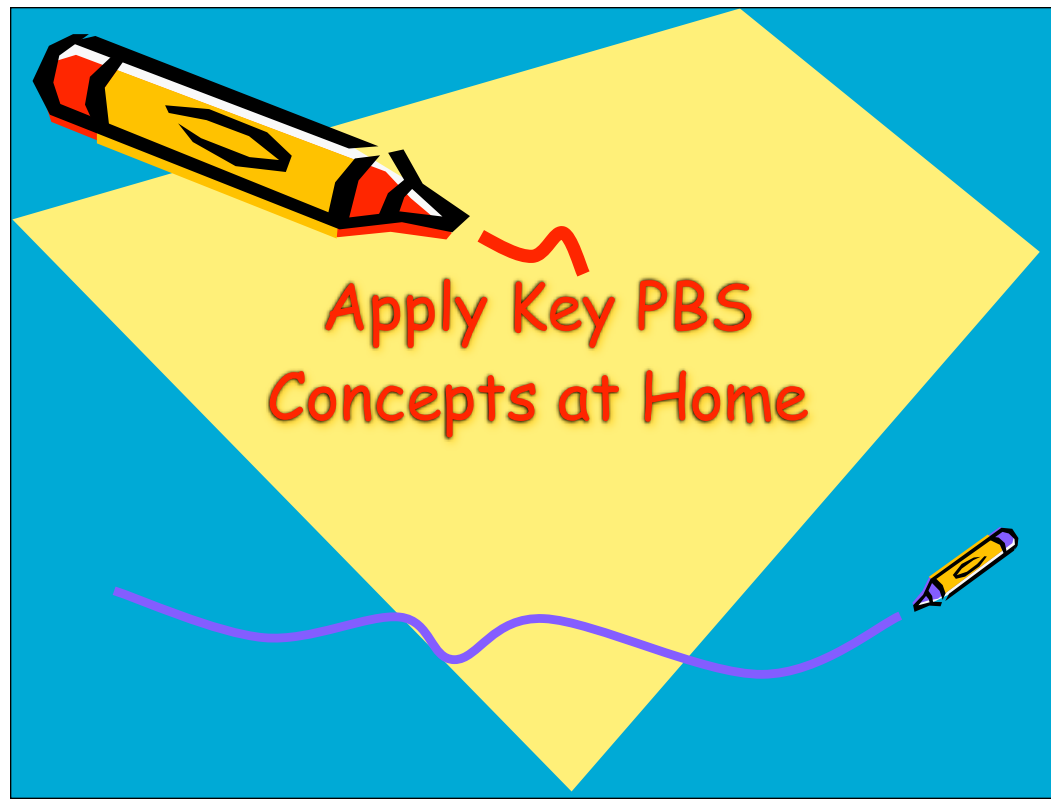
Systems to provide additional support for students who struggle with behavior and academics



Role of Parents in Supporting PBS

- Participate in PBS team planning
- Give input to team members
- Be familiar with expectations and be creative about using concepts at home
- Volunteer to assist with school wide reinforcement plan (time, materials etc)
- Share your experiences with other parents





Apply Key PBS
Concepts at Home

Key Components of PBS

- Have Clear Expectations
- Recognize Positive Behavior
- Correct Problem Behavior



Clear Expectations

Clear expectations are important to PBS because they

- Create a universal language for all adults and children.
- Increase consistency.
- Help adults focus on the expectation, not the child.
- Change the climate by focusing on what to do instead of what not to do.



Creating Clear Expectations at Home

- Start with the expectations your child's school uses: SWIM
- Select a few activities your child needs to complete at home (Homework, Chores, Meals, Car Rides etc.)
- With your child determine the skills they need to demonstrate to meet the expectations for each activity

Summarize in a "matrix" format



Home Matrix Example



	Homework	Chores	Meals
Stays safe	Sit at your desk or table Keep all 4 legs of the chair on the floor		
Works Hard	Work for the whole time requested Do your best work		
Is Kind and Respectful	Ask for help politely Wait your turn if parents are busy		
Manages Actions	Get started when asked Remain on task during homework time		



Recognize Positive Behavior

Recognizing positive behavior is important to PBS because it

- Changes the tone of adult child interactions and improves school climate
- Increases the repetition of desired behaviors
- Reduces the amount of time spent correcting problems



Recognizing Positive Behavior at Home

- Praise your child more often than correcting them
- Look for what they are doing right before addressing a problem
- Set goals and track progress towards goals using simple charts
- Focus praise and reinforcement on the defined expectations



Simple Ways to Praise Children

- "Thank you for cleaning up so quickly"
- " I noticed that you are really playing nicely with your brother this evening"
- "Great job trying everything on your plate"
- "I really enjoyed our ride to school together this morning"
- "I am so impressed with how hard you are working on your homework"
- "It really helps me when you do your chores without being asked"



Sample Reinforcement Chart



Elliott's "Staying in the Bed" Chart

If Elliott can say in his bed after saying goodnight for 2 weeks, he will earn a special trip to the museum with mommy!



Correct Problem Behavior

Correcting problem behavior is important to PBS because

- Students get information about what they did wrong and how to improve
- Adults provide the student opportunities to practice specific skills



Students get their needs met while still being successful at school



Correcting Problem Behavior at Home

- Ensure that consequences contain a learning component
- Focus on the behavior, not the child
- Refer back to the expectations
- Give your child time to reflect
- Use a neutral, emotion free tone
- Talk with your child about how the behavior makes you feel



Strategies to Correct Behavior at Home

- Modify the situations where problem behavior often occurs
- Practice a specific skill they are having trouble with
- Separate them from you briefly to reflect on the behavior
- Remove a privilege (best if this is connected to the behavior)



Emphasize that even though you don't like the behavior, you love the child



For More Information

- Contact your child's school
- pbis.org
- Article: "Getting Behavior in Shape at Home" available in English and Spanish
- lhipps@wcpss.net

