

PBIS FOR PARENTS: USING PBIS PRINCIPLES AT HOME

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LEARNING OUTCOMES FOR THIS SESSION

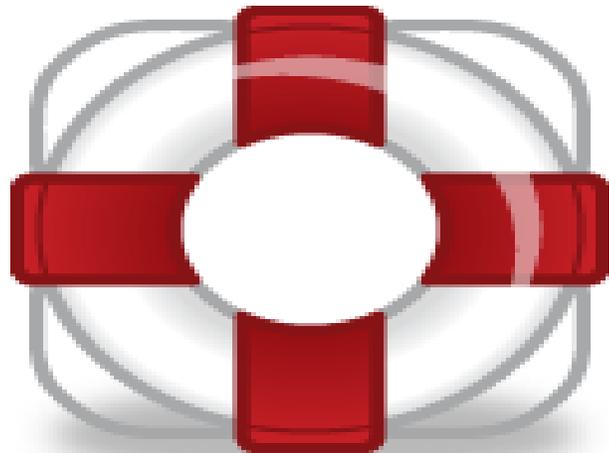
- 1) Participants will understand why it is critical to involve parents/families in the school's PBIS process
- 2) Participants will be prepared to present PBIS to parents
- 3) Parents will be comfortable implementing PBIS at home
- 4) Students will maintain behavioral expectations from school to home

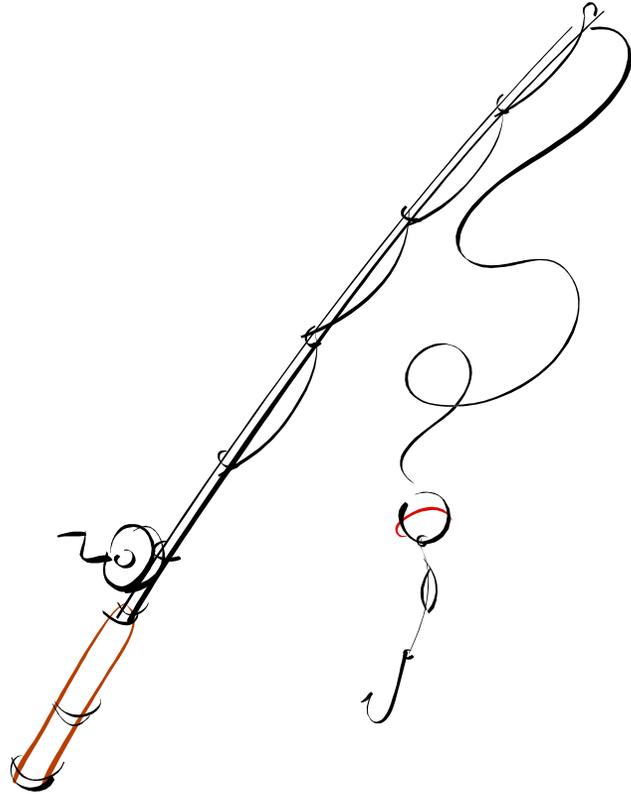
THE FISHERMEN STORY

Once upon a time in a small town, a group of fishermen gathered at the river's edge. Soon after they got there, a child came floating down the rapids, yelling for help. One of the fishermen jumped in the river and pulled the child out.



A few minutes later another child came, then another, and then another. Soon the fishermen were all diving in dragging children to safety. They continued jumping in over and over again, trying to save as many children as they could.





During all this frenzy, one of the fishermen walked away. The rest of the group became irate! How could he leave when there were so many children to save?

Hours later, to the fishermen's relief, the flow of children down the river stopped.



The fisherman who had walked away returned. The group began shouting, “How could you? How could you walk away when we were all working so hard to save the children? We needed you with us.”



He replied, “I decided to go upstream and find out why so many children were falling in the river. I found that the bridge had some missing boards. When the children tried to jump the gap, they couldn’t make it and were falling in. I fixed the bridge so no more would fall in.”



What's the
Moral of the Story?

HELPING PARENTS UNDERSTAND PBIS AT SCHOOL

Use simple, family-friendly language to explain your school's PBIS. For example:

“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, the lunchroom, the classroom, and on the bus.”

Consider sending home a letter or brochure that explains the expectations, the acknowledgements or rewards for appropriate behaviors, and the consequences for inappropriate behaviors.

Encourage parents to discuss the school’s expectations at home: “Do you understand these rules? Do you think you can follow these rules at school?”

WHAT ABOUT AT HOME?

Implementing PBIS at home can help students maintain behavioral expectations.

The article by Laura Riffel entitled “Getting Behavior in Shape at Home”, available in English and Spanish on the www.pbis.org website, can be used to assist parents with incorporating PBIS into their daily routines.



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

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



SAMPLE SCHOOL MATRIX

	Bus	Bathroom	Playground	Entrance	Classroom
Be respectful	<ul style="list-style-type: none"> ■ Keep hand/feet to self ■ Wait your turn ■ Allow others to pass/be seated ■ Use indoor voice 	<ul style="list-style-type: none"> ■ Wait your turn ■ Keep your eyes in your own stall 	<ul style="list-style-type: none"> ■ Allow others a turn ■ Say nice things or nothing at all ■ Listen to adults 	<ul style="list-style-type: none"> ■ Walk to the right ■ Use kind words ■ Use indoor voice 	
Be responsible	<ul style="list-style-type: none"> ■ Watch for your stop ■ 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 equipment wisely and ■ Return equipment after use ■ Follow game rules 	<ul style="list-style-type: none"> ■ Follow dress code ■ Be on time ■ Be prepared 	
Be resourceful	<ul style="list-style-type: none"> ■ Be safe ■ Report problems to adults 	<ul style="list-style-type: none"> ■ Report problems to adults ■ Keep bathroom clean 	<ul style="list-style-type: none"> ■ Be safe ■ Report problems to adults 	<ul style="list-style-type: none"> ■ Be safe ■ Report problems to adults ■ Get a pass when you need one 	

DIFFERENT SCHOOLS, DIFFERENT EXPECTATIONS...

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!

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!



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	Homework Time	Meal Time	Getting Ready for Bed
Be Kind	Use only kind words				Give a compliment to the person who prepared the meal	
Be Responsible	Put breakfast dishes in the sink or dishwasher		Help without being reminded or asked	Put completed homework in bookbag to turn in the next day		Brush teeth without being reminded or asked
Show Respect	Be quick in the bathroom	Use an inside voice			Listen while others are speaking	

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.

