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# Positive Behavior Supports at Home

Preschool Parent Child Activity Day

March 21st, 2016

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# Agenda

- Common Behaviors at Home
  - Importance of Structure
  - Setting Limits & Expectations
    - Related to school based PBIS Program
  - Strategies & Recommendations
  - Feedback/Questions?
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# Common Behaviors

- Defiance
  - Testing Limits
  - Aggression
  - Control
  - Lying
  - Whining
  - Tantrums
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- You may see these in different forms
  - May be mild, moderate or severe

# Age appropriate Preschool Examples

- Defiance
  - “NO! I am not going to bed!”
- Testing Limits
  - “One more game, mom.”
- Aggression
  - Hitting another child for a toy
- Control
  - “Let me do it! My turn”
- Lying
  - “I didn’t do it!”
- Whining
  - Extending time before complying
- Tantrums
  - Last 5-10 minutes, hope to get their way

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# What do you see at home?

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# Structure- Why it's needed!

- Important at all ages, but extremely beneficial during early childhood!
  - Provide a sense of security, certainty, and predictability!
  - Helps children understand time management
  - Children can learn what chores are and take responsibility at a young age
  - Establish habits (brush teeth, read story before bed, etc).
  - Strengthen relationships by focusing on time together

Structure even for preschoolers has shown to help children grow up to be better organized and adjust well to life changes.

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# Setting Limits

- Did you know??
    - Kids are HAPPY when they have limits!
  
  - They will always try to test those limits, but for them knowing the breaking point provides safety.
  
  - Keep this in mind next time they push your buttons- they are trying to learn what they can and cannot do.
    - It is when they repeatedly test the same limits even though they know the expectations that should alarm you.
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# Strategies for setting limits

- Provide alternatives instead of always saying “yes” or “no” to their wants/needs
    - Say yes to something in a way that you feel good about it
    - For example, more TV time *later* and a board game **now**
    - Use first/then language...
    - Kids want to know what is next!
  
  - Perspective Taking
    - “How does it make your brother feel when...”
    - “How do you think mommy feels when you...”
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# **PBIS- A school program you can use at home!**

PBIS: Positive Behavior Interventions and Supports




*What does it look like at Indian Hill?*

- Students follow the 3 B's
    - Be Kind, Be Safe, Be Ready
  - Positive Bee Chips or Stickers given when students are observed by any IH staff following 3 B's
  - Clear, set expectations are set and communicated from day one
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# PBIS Matrix at Indian Hill



**Hallway Behavior**

<b>Be Kind</b>	<ul style="list-style-type: none"><li>*Quiet voices</li><li>*Hands and feet to self</li><li>*Personal space</li></ul>	
<b>Be Safe</b>	<ul style="list-style-type: none"><li>*Stay in line</li><li>*Eyes forward</li><li>*Walk</li></ul>	
<b>Be Ready</b>	<ul style="list-style-type: none"><li>*Eyes forward</li><li>*Stay together</li></ul>	

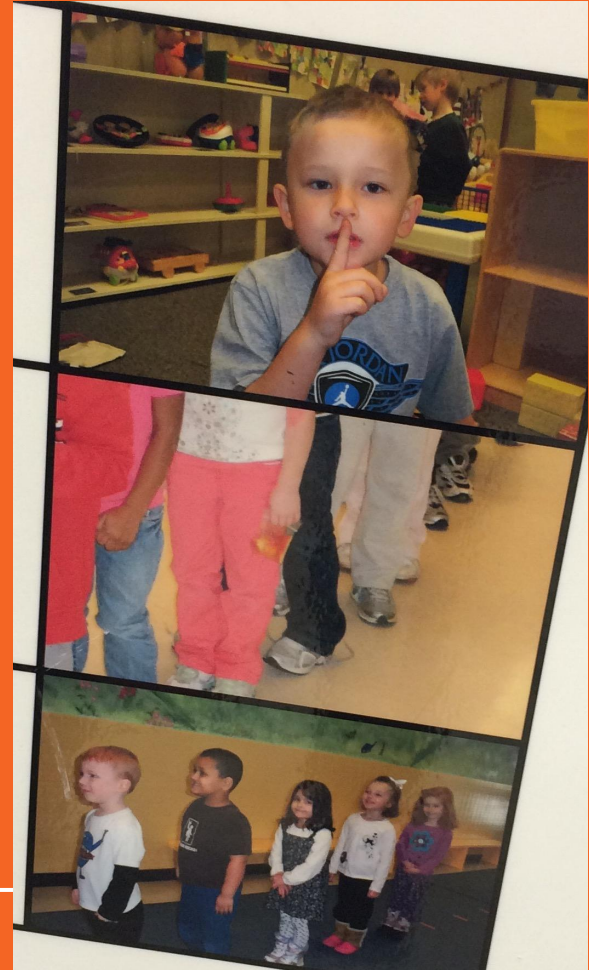
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# Adapting PBIS for home

Little VIKES at HOME Rules Matrix

Expectations	At HOME	In CAR	At STORE	MEAL TIME	HOMEWORK	PLAY
Be Safe						
Be Respectful						
Be Responsible						

# Add pictures/visuals for younger children



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# Focus on one single area or all

- For example, if your child is having tantrums or not listening/being safe in the **car**, simply start out visually outlining in a matrix what rules to follow in the **car**.
- If you know your child is at a higher level and you want to outline the rules in all areas of the home environment, feel free to create a matrix together with all of these areas. Just don't overwhelm the child.

Hang it on the fridge, constantly refer to it!

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# Reinforcement & Rewards: ...What should they look like?

- Depends on the child
  - Brainstorm with your child what they would want to work towards, more motivation and make this a conversation
  - Come up with a “menu” of choices
  - Make sure reinforcement is quickly after desired behavior
- Frequency:
  - If *daily*: make it a small, non tangible reward
  - If *weekly*: make sure this is attainable for your child, not too far reaching where by day 3 they are crashing. They may not understand concept of 5 days=reward
- ~~May need to switch them up frequently!~~

# Examples of good rewards

- Game time with mom/dad
- Play date with friend
- Mom or Dad's helper
- Pick a favorite song to play or dance to
- Cook/Bake something together
- Extra book at bedtime
- Go on a picnic

\*\*Try to avoid toys, candy, food,  
electronics, money

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# Consequences

- Give consequences size based on size of behavior
    - Minor behavior=Minor consequence
      - 5-10 minutes off of IPAD, TV, their preferred choice (set timer)
      - Have child draw a picture of what they did wrong, reflect
    - Extreme behavior=Extreme consequence
      - Loss of privileges for day/week
      - Miss preferred social event: game/party
  - Consistent, follow through
    - “If you do this.....then”= must happen
  - Make sure child responds to consequence given
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**Remember, every child is different and your parenting at home will look different based on behaviors, needs and incentives.**

**There is no “Right way!” :)**

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**Thank you!**

**Comments/Questions?**

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