

Positive Behavior Supports: From School to Home

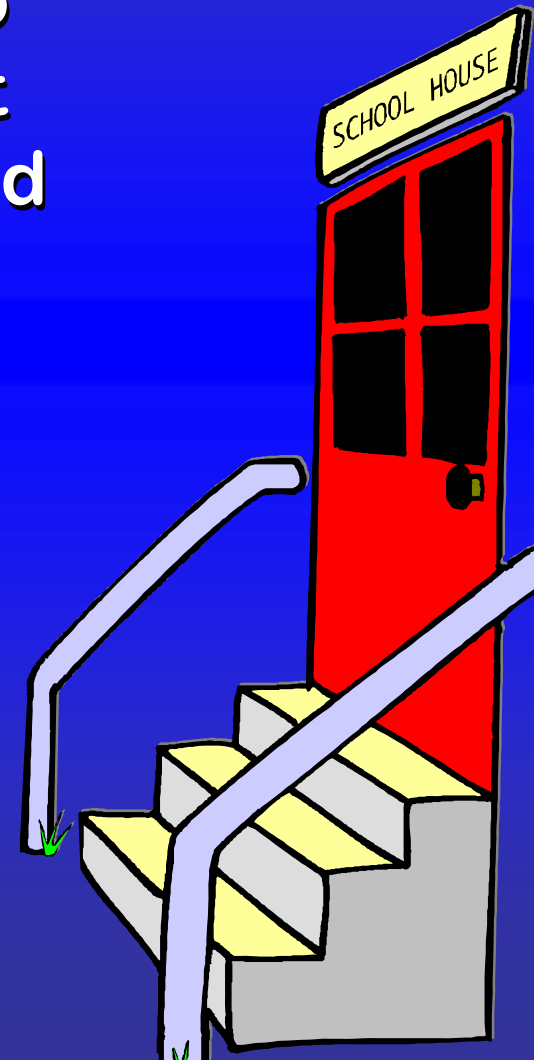
Ever feel like a worn out superhero?



Johns & Patrick

Welcome to Our School!

“We are committed to ensuring every student and parent feels safe and welcome.”



PBS Stands for:



Positive

Behavior

Supports

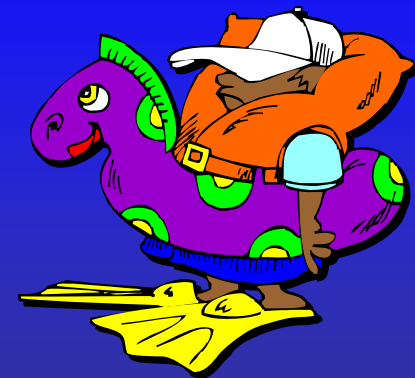
What is Behavior?

- ◆ What we SAY or DO
- ◆ How we REACT to the environment
- ◆ Something LEARNED
- ◆ We engage in behaviors to GET or AVOID something
- ◆ We continue to use certain behaviors because they WORK



Changing Behavior is a Process

- ✓ Changing behavior is not magic
- ✓ Replacement behaviors must be taught
- ✓ Time and consistency are critical



Rule of Thumb:

One month of intervention for each year the behavior has been demonstrated

Why Teach Behavior?!?

If a child doesn't know how to:

- **Read**, we teach.
- **Swim**, we teach.
- **Multiply**, we teach.
- **Drive**, we teach.
- **Behave**, we punish?



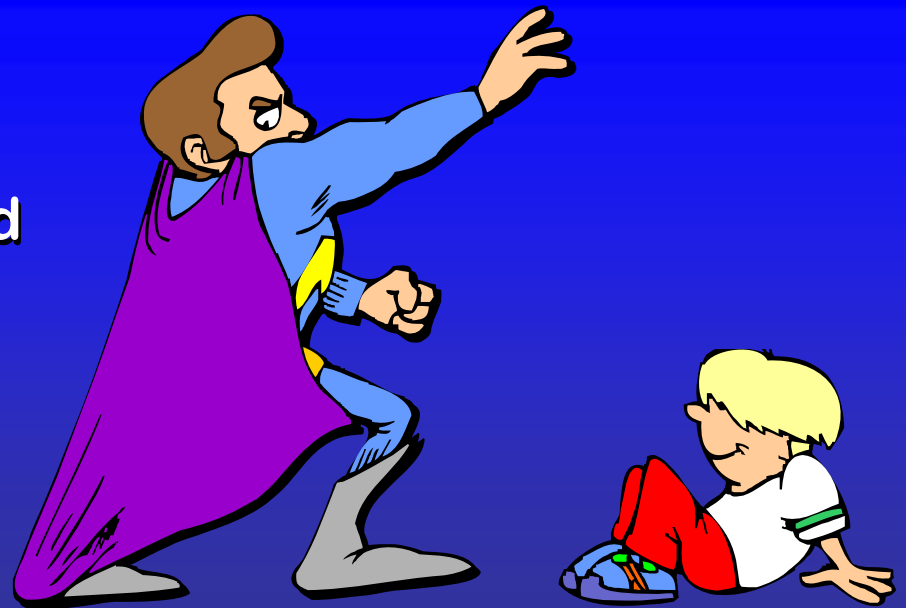
PBS at School

- ◆ Staff commit to building a safe and welcoming environment for all
- ◆ Universal expectations are established:
Be Safe, Be Responsible, Be Respectful
- ◆ School-wide expectations are systematically taught and practiced
- ◆ All staff acknowledge appropriate student behavior
- ◆ All staff correct rule-violating behaviors



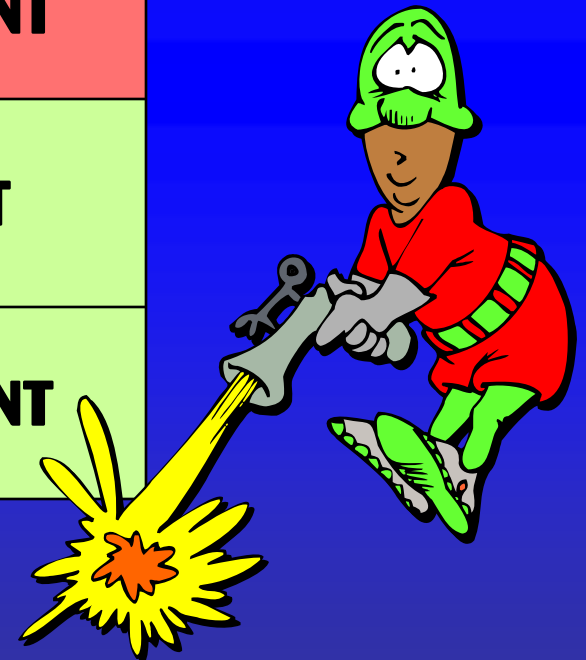
PBS at Home

- ◆ The home is more positive than negative
- ◆ A family code of conduct is in place:
We are safe, responsible, and respectful
- ◆ Parents teach and model what is expected
- ◆ Appropriate behaviors are routinely acknowledged
- ◆ Expectations are consistently enforced



Type of Consequences

Penalty	LOSE	DO WANT
Punishment	GET	DON'T WANT
Positive Reinforcement	GAIN	DO WANT
Negative Reinforcement	AVOID	DON'T WANT



* Punishment is the LEAST effective consequence for children who display anti-social behavior.

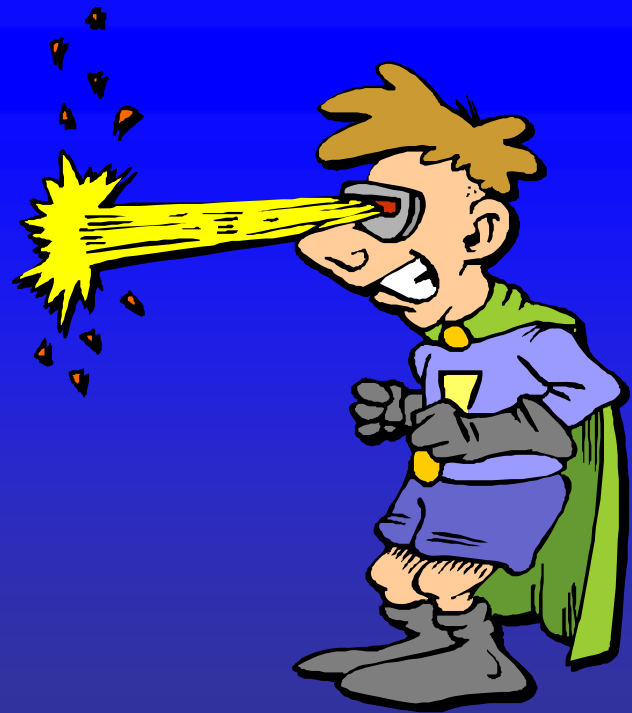
What's Wrong with Punishment??

◆ Penalties and Punishments may:

- Gain someone's attention
- Buy us time to come up with a strategy
- “Work” with a compliant person

◆ Punishment by itself doesn't change behavior

◆ Overuse of penalties and punishments encourages hostility and subversive behaviors



Think About Your Home

- ❑ Have the expectations been defined and agreed upon by all adults in the home?
- ❑ Are expectations explicitly taught?
- ❑ Do all adults acknowledge when the expectations are followed?
- ❑ Do all adults consistently enforce the expectations and correct misbehaviors?



Expectations at Home



Our Code of Conduct	We Do Our Part	We Are Responsible
Getting Up in the Morning	<ul style="list-style-type: none">• Make your bed• Brush your teeth• Put pajamas away	<ul style="list-style-type: none">• Get up when it's time• Get cleaned up and dressed on time
Homework Time	<ul style="list-style-type: none">• Complete all work• Do your best	<ul style="list-style-type: none">• Ask if you need help• Put all materials away
Chores	<ul style="list-style-type: none">• Do your chore• Work until the chore is finished	<ul style="list-style-type: none">• Look at the list and know your job• Complete your job
Going to Bed at Night	<ul style="list-style-type: none">• Brush your teeth• Put clothes in hamper	<ul style="list-style-type: none">• Go to bed when it's time

Teaching Behavior at Home

- ◆ Define the skill
- ◆ Teach it
- ◆ Practice it
- ◆ Pre-correct
- ◆ Prompt and cue
- ◆ Acknowledge it
- ◆ Correct it
- ◆ Monitor it



Responding to Misbehaviors

Before It Starts	<ul style="list-style-type: none">• Teach• Pre-correct
Just Starting	<ul style="list-style-type: none">• Move closer (increase proximity)• Cue, prompt, remind• Restate what the behavior looks like
Getting Bigger	<ul style="list-style-type: none">• Describe how the misbehavior differs from the expectation• Provide a structured choice
Crisis	<ul style="list-style-type: none">• Provide emotional space• Avoid imposing consequences
After	<ul style="list-style-type: none">• Debrief• Strategize for future success• Select a consequence



Top Ten Things to Remember

- 1) Stay positive (4+ to 1-)
- 2) Set your child up for success
- 3) Clearly describe what you expect
- 4) Remain calm
- 5) Set reasonable limits
- 6) Be consistent
- 7) Show them what the expected behavior looks like
- 8) Address situations before they occur
- 9) Celebrate small gains
- 10) Have fun



Contact Information



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