



PBIS At Home **February 2017**

The aim for PBIS is for students to feel like they are seen and heard, and therefore they have more positive behaviors and interactions rather than negative. Remember, behavior is just like learning to read. We cannot expect students to automatically understand what we expect from them after the first time we tell them. Expected/positive behavior has to be taught and retaught. We must also catch children doing what they are supposed to be doing and praising them. Praise will validate the behavior is positive, and there is a much higher chance of children continuing the positive behavior. We all know, however, that even after consistently praising and re-teaching the child a specific behavior, there still could be some resistance or noncompliance. If there continues to be problems with some specific behaviors, here are some tips to increase better habits/behaviors:

- **Limit Target Behaviors**
 - Pick one or two behaviors **ONLY** to focus on (talking back, not following directions the first time, etc.)
 - Pick one behavior he/she is already doing positively
 - Include a chart which gives visualization of your expectations
- **Start Where You Are**
 - Start with small steps and build toward independence
- **Back Up Consequences**
 - Require a time out or loss of a privilege when the child does not meet your basic rules

Explain/Allow input

- The child can have input on the chart you make and a choice of incentives (with your approval), time of day to check the tasks, etc.
- **Be Consistent**
 - Check same time every day and be available to deliver the reward
- **Be Enthusiastic**
 - Pair the reward with verbal praise