



Positive Behavioral Intervention and Supports (PBIS)

Implications for the Home

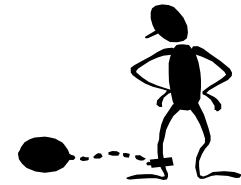
Andy Friedman, LCSW
District 65 Social Worker and PBIS
External Coach

“PBIS organizes adults and students to create a social-culture in the school that will encourage positive behavior and interactions, while discouraging problem behaviors.

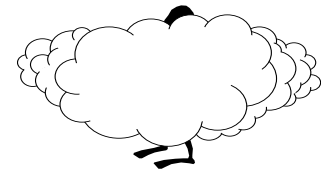
This social-culture will lead to a safe environment where students achieve academically and build positive relationships with each other and with adults.”

Discipline strategies used the most often are the **least effective:**

▶ **punishment**



▶ **exclusion**



▶ **counseling**



The Most Effective Strategies for Addressing Behavioral Issues

- Direct instruction of the positive behaviors we want kids to display (show them what you want)
- Behaviorally based intervention for kids with problem behaviors (address the behavior - not the "attitude")

The 5 Practices of School-Wide Positive Behavioral Support: For The Home

- **Define** *3-5 Simple Expectations (I.e. Responsible, Respectful and Safe)
- **Teach** *Direct instruction of specific expectations (esp. those that are, potentially, the most problematic)
- **Remind** *Clear In-the Moment Reminders (verbal praise, tangibles, tokens, check-list, etc.)
- **Reinforce** * Recognition of success ('Gotcha's', tangibles, privileges, etc.)
- **Re-teach** *Clearly define and discuss consequences for minor problem behaviors

"DEFINE"

- Parent (with child input) selects 3-5 home-based expectations (For Example: Be Safe, Be Caring, Be Respectful and Be Responsible)
- Expectations are posted (I.e. chores chart, "House rules" - curfew, homework completion, etc.)

"TEACH"

- Directly teach the expected behaviors

"Cool Tool" lessons from PBIS are available (see Home Cool Tools).

"REMINDE"

- **Clear In-The-Moment Reminders (Acknowledgments)**

 - "Thank you for walking"

 - "Remember, we use quiet voices in the store"

 - "Hands to ourselves, thank you"

 - "Remember, seatbelts keep you safe in the car"

- * Can use 'Gotcha's' (as in school) and/or Verbal praise (esp. on targeted behaviors), tangibles, check marks/smiley/stickers, etc.

 - * Group (multiple kids) 'Gotcha's' - (Same as above)

"REINFORCE"

- 'Reinforcers' (Celebrations)
 - * Earned privileges or 'treats' for demonstrating expected behavior (i.e. video rental, extra t.v. time, pizza party, etc.) over designated period of time and/or for demonstrating positive opposite of targeted behaviors.

"RE-TEACH"

- 'Pre-correct' behavior (e.g. "When we go to the store we")
- Ignore negative behavior (when appropriate)
- Consequences for behavioral problems are clearly stated before environment is entered.

Thank You

For more information;

School Green Team

School-Home communications (Parent handbook,
newsletters, etc.)

Andy Friedman - Dist. 65 PBIS External Coach
friedmana@district65.net

pbis.org

pbisillinois.org