

## Family Involvement in School-wide PBIS

We always welcome parent participation in monthly PBIS meetings and have two opportunities during the school year for parent involvement in our PBIS Celebrations. Please reach out to our PBIS chairperson at (919) 460-3469 for more information.

*The fact is that kids learn to make good decisions by making decisions, not by following directions.*  
-Alfie Kohn

## Use Logical Consequences

If your child leaves out belongings, have them pick them up.

If your child avoids chores, wait and provide supervision. (It is alright to be late to soccer practice, etc. if your child does not complete tasks.)

If your child makes a mess, have them clean it up with supervision.

If your child says something inappropriate, correct them, have them apologize and say it properly.

## Creating a GOLD Matrix is Easy...

Work with your child on expected behaviors in different environments (the grocery store, restaurants, home, etc). Create a chart that can be hung and referenced if necessary. Below is an example of how this might look in your home. Keeping it visible will help your child remember the expectations and will help you continue to consistently reinforce those desirable behaviors.

Go for the 'GOLD'	Restaurant
Give and earn respect	Follow instructions from all adults Use Please and Thank you
Own your actions	Order your food
Lead by example	Use your table manners
Demonstrate cooperation	Share crayons Hold the door for Mom and Dad

## PBIS/Going for the GOLD at Home Increasing the home and school connection

**G**ive and Earn Respect

**O**wn your actions

**L**ead by example

**D**emonstrate cooperation



## Using PBIS in the Home

Parents often ask if these effective practices can be implemented at home?

Using PBIS at home can help students see that expectations are not rules that **MUST** be followed, but rather guiding principles that make daily interactions more pleasant.

Following the guidelines is key:

- Expectations must be appropriate and consistent. Examples: wash hands after restroom use, put dishes in the sink after dinner.
- Following expectations results in positive reinforcement. Examples: points in a jar, working toward something desirable, or a simple thank you.
- Consequences of choosing to go against expectations should be logical, immediate and brief. Example: forgetting to put your plate in the sink results in you doing the dishes from the night.

## Why PBIS

*If we want to SEE certain behaviors from our children, we must first TEACH those behaviors.*

- PBIS allows for positive communication
- PBIS sets clear expectations from everyone
- PBIS allows parents to act as role models for their children.
- PBIS gives children the opportunity to experience success.

## Expected Behavior at Home

**Different homes may have different sets of expectations.**

Whatever you decide is right for your home, it is important to set the expectations and then follow through consistently. To help you get started this brochure has a few tips for making PBIS successful in your home.



## Using PBIS in the Home

### Use Positive Wording

When a misbehavior occurs, offer positive corrective terms versus harsh criticism.

Negative Reaction	Positive Reaction
Don't Run	Walk
Stop Yelling	Use an inside voice
If you don't...	I'll wait until you...

### Be a Teacher

- Explain to the child your expectation and remind the child of your expectation before you enter a new setting.
- It is okay for "No" to mean No," but it is important to provide a child with a solid explanation for the decision so they understand the "why."

### Reward Positive Behavior

#### Create a menu of rewards.

Ask your child to make a list of the things they enjoy, like going to the park or getting ice cream together. This menu will help you determine what they are motivated by; use this list.

#### Create special dances and songs

This creative option makes the reinforcement personal and less generic than merely saying, "good job"

#### Create a chart of chores and check off their completion.

This provides the a child a visual to assist them in determining if they are performing their expectations. Further, it holds the parent accountable on being consistent with reinforcements.