**Family involvement is key when cultivating positive behavior in schools.**

**Involvement at Home**

Families are encouraged to support Norwood’s PBIS through use of common language and expectations in the home. Work with your child to make unique definitions of what *responsibility, respect, honesty and safety* look like at home.

**10 Behavior Strategies Parents Can Use Today**

1. Keep in mind your child’s strengths and interests. Set aside time to spend with your child when they are engaged in activities that matter to them.
2. Establish clear expectations at home. Keep your “house rules” similar to school expectations. The key is to be fair and age-appropriate when you reinforce expectations.
3. Create clear routines for your family. Organize the day so your child knows what is happening. Be clear about changes or new events like doctor’s appointments or visitors. Give your child a helpful transition warning to let him or her know what is coming next.
4. Anticipate challenges and plan accordingly. Preventing challenging behavior is easier than addressing it in the moment. Know what things or times of day trigger your child to engage in challenging behavior. Choose activities where your child will experience success.
5. Try to be consistent and respond to challenging behavior calmly. Say what you mean and mean what you say.
6. Model the behavior you want your child to learn.
7. Communicate clearly what behavior you want your child to demonstrate. Phrase directions in the positive, telling your child what you want them to do, not what you don’t want them to do.
8. Talk about feelings, both your own and your child’s. Empathize and understand their frustration, anger, etc.
9. Look beyond the surface behavior and analyze what your child might be trying to tell you. Try to remember that behavior is communication and challenging behavior often means the child is lacking the skills to manage appropriately.
10. Use positive reinforcement often. Genuine, specific praise has a powerful effect on your child’s behavior. “I like how hard you are working to build that tower” is more powerful than “great job”.

**And when the challenging behavior appears, provide a quick correction or redirections.**

 For example, if you observe your child showing disrespect to others:

1. Quickly correct or signal the error,

*(“That was not respectful”)*

1. Re-state the expected behavior,

*(“We speak kindly to each other to show respect”)*

1. Provide an opportunity for positive interaction,

*(“Let’s try that again. How would you show respect?”)*

1. Provide the child positive feedback,

*(“That was a kind thing to say”)*

Redirections can be even quicker (“Remember to wash your hands after coming inside. Please go wash your hands.”)

**The goal is for a correction or redirection to be calm, brief, and provide an opportunity for the child to practice the desired behavior.**

Other points to remember:

* Maintain a 5-1 ratio: For every negative statement or interaction with your child, engage in 5 positive interactions or praise statements.
* Remind proactively: Instead of correcting behavior after it happens, we can remind our child what we would like to see beforehand.
* To decrease challenging behavior, you can also teach alternatives to that behavior. If a child tends to tantrum, he or she can practice deep breathing or counting to 10 when upset.