

## Looking to try out some Positive Behavior Intervention & Supports (PBIS) strategies?

- Give clear, short, and specific directions.
- Have patience....It takes younger children at least 5 seconds to mentally process directions.
- Be consistent. It helps a child learn and feel confident in what you want.
- Stay calm & use a calm voice.
- Focus on logical consequences when a problem arises.
- Reward positive effort – this sets the stage for success.
- Set and enforce reasonable limits.
- Try to give 5 positive responses for every 1 negative response.
- Set the example – actions speak louder than words.
- Try to anticipate where your child might have trouble and prepare them for the situation by coaching them on the behavior you want to see.

In a PBIS school, staff members teach kids academics along with how to act/react in different settings. Rather than expecting kids to arrive at a school knowing how to behave, schools teach correct behaviors.

PBIS schools focus on teaching what TO do by giving clear directions, being calm and patient, modeling expected behaviors, setting a good example, using positive recognition and reinforcement, and setting consistent and reasonable limits. PBIS school staffs know that adults get more of what they focus on. If adults place all the focus on kids fighting instead of cooperating, that's what they'll see more of. If adults focus on teaching and reinforcing cooperation, they'll end up seeing more of those types of behaviors. While this shift in focus doesn't remove the necessity of responding to and taking action when kids behave inappropriately, it does substantially reduce many misbehaviors.

**How might these ideas apply to more peaceful relationships in your family?**