

HOW TO IMPLEMENT

PBIS AT HOME

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1

CREATE EXPECTATIONS

- Create a list of 3-5 POSITIVELY worded expectations for the whole house
- At school, Bobcats are RESPECTFUL, RESPONSIBLE, CARING, & SAFE

SET EXAMPLES

- Create a few examples of what each of those expectations looks like for the house. Ask your kids to contribute!

2

3

CELEBRATE IT!

- When your child does one of these things, CELEBRATE IT! Tell them what you liked about their behavior.
- Then give them a physical token to keep track of their positive behaviors – stickers, coin, whatever you have.

SET GOALS

- Come up with a “big picture” goal. If you earn 15 “points” or tokens, you can get 15 extra minutes of electronic time. Maybe they can buy their way out of a chore!

4

5

BE PATIENT

- This system helps to define expectations and to focus on the positive outcomes.
- A small shift in what you observe can lead to a much larger change in the way you think and relate to your family members!