



# Promoting Positive Behavior at Home

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Let's share...

What are some ways your parents managed behavior in your household growing up?

Is it similar or different from how you manage behavior with your children?



Scolding



Spanking



Time Out

Losing privileges



Being grounded



# Behavior is Learned

If it worked once, why wouldn't it work again?

Questions to ask yourself...

- What do I want my child to learn?
- What am I teaching my child?
- What is the function of the behavior
- Am I acting the way I expect my child to act?
- What can I change to encourage positive behavior?
- Who can I ask for help if I need it?





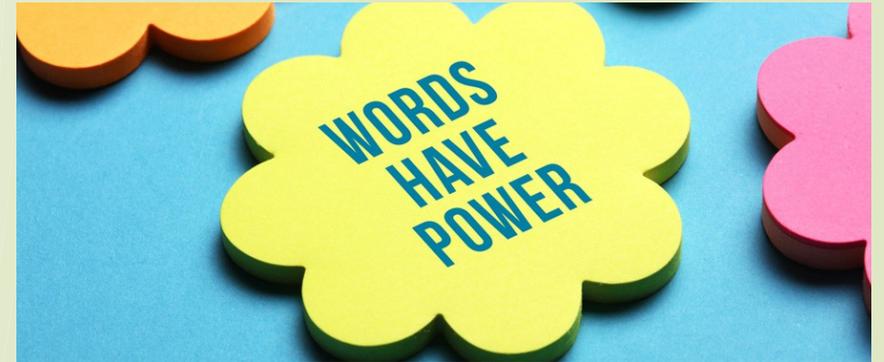
# 10 Effective Ways to Promote Positive Behavior at home

# 1) Use Positive Language

How do you like your boss or other people to speak to you?

Positive language promotes ...

- Interest
- More receptive
- Encouragement
- Positive behavior
- Teachable moments or teaching your child what to do



## 2) Be a Role Model

- Your children mimic your behavior
  - Always watching and listening
- Be aware of how you interact with your spouse or family members
  - Don't whine or argue
- Create a realistic and supportive environment
  - We all make mistakes
- Show emotion
  - But show how you manage it!





## 3) Give Specific Instructions

- Negatively telling your child to “stop” doing something is ineffective
  - What is that teaching them?
- Provide your child with verbal cues that tell them the behavior you expect rather than the behavior you want them to stop

### Examples:

- Don't run in the house -→ Use your walking feet to walk the house
- Stop hitting your brother -→ Keep your hands to yourself and use your words
- STOP YELLING -→ Use a quiet voice while inside

## 4) Active Listening

Listen to understand, not just to Hear



([www.betterparenting.com](http://www.betterparenting.com))

- Actively listen to your child
- Listen without judgement
  - Do not interrupt
- Allow the time for your child to express

Listening is a powerful tool that can make your child feel part of the game!

## 5) Keep Your Word

“If you play nicely with your sister for an hour then you can pick out a toy at Target”.... But you never go to Target

**Is the same as**

“If you come to work two hours early I’ll pay you two hours of overtime”... but you never get paid overtime

- If you say you are going to do something, **DO IT!**
- Empty promises= lost value
- Teach trust and respect





## 6) Learn to say “No”

It's ok to say the N-O word sometimes

YOU ARE THE BOSS

- Allowing your child to do everything they want gives them the wrong perception of control
- Learn to follow rules and gain permission
- Learn respect for authority at home

Safety!

# 7) Do Not Preach

Let Your Child Learn from His/her mistakes

- Sometimes, over-preaching will have the opposite effects! It is better to guide, not instruct.
  - Words are just words- put meaning behind them
  - Teach responsibility for their own actions to promote independent.



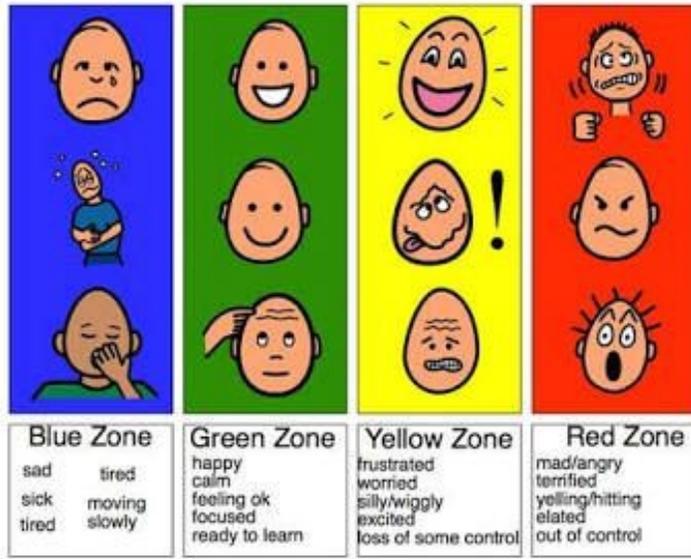


## 8) Do Not label Them

Good People can make Bad Choices

- Address behavior when it happens and move on
- Don't double dip
- Be patient
- Follow through with consequences
- Never use terms like “trouble maker” or “bad child”
- Learn to forgive and forget

## The Zones of Regulation



# 9) Teach about Feelings

All Feelings are ok!

(<http://www.zonesofregulation.com/index.html>)

- It is important to know what feelings are, why we have them, and how to cope with them
- Practice labeling feels when your child exhibits any type of behavior  
(not just negative behavior)
- Acknowledge how your child feels
  - "I see you fee mad"
- Provide praise when your child can label his/her feelings independently

# 10) Consider the Why

Stop to think why your child might be exhibiting certain behavior

- Is something bothering them?
- Did they get enough sleep?
- Are they trying to tell me something?
- Do they feel well?
- What happened before the behavior began?
- How did you react to their behavior?



## Do's and Don'ts of Promoting Positive Behavior In your Home

Don't say...	Do say...
"Stop yelling"	<i>Please use inside voice when we are in the house. It is much more respectful to speak to people this way.</i>
"You need to behave"	What does, "behave" even mean to children? Be sure to set clear expectations in your home. How is it that you expect all members of your family to, "behave?"
"No TV during dinner"	TV is an option before or after we have dinner. During dinner time, we will discuss _____ instead.
"You need to be nice to your sister/brother/etc."	What does, "be nice," mean, and why does your child have to do it? Give a specific example of what you are looking for him/her to do or act.
"No throwing"	<i>We throw balls and other things when we play outside, not in our house.</i>
"I don't have time for this right now."	This statement equals, "I don't care and I can't be bothered with you," to your child. Instead, <b>prevent</b> yourself from feeling this way in the first place. If you still find yourself in a bind, try phrases such as, " <i>tomorrow we will... but right now it is time to...</i> " or, " <i>I am sorry we have to rush right now, but later on we can talk about/do...</i> "
"No hitting."	<i>Hands stay down, thank you.</i>
"No running."	<i>Running is for outside, walking is for inside.</i>
"If you don't do _____, I am going to take away _____."	Threatening children by taking things away is an ineffective method of trying to promote positive behavior. With this approach you are essentially engaging in <b>negative</b> behavior by using a threat and taking something away, when what you really want is for your child to do something <b>positive</b> .



# References

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