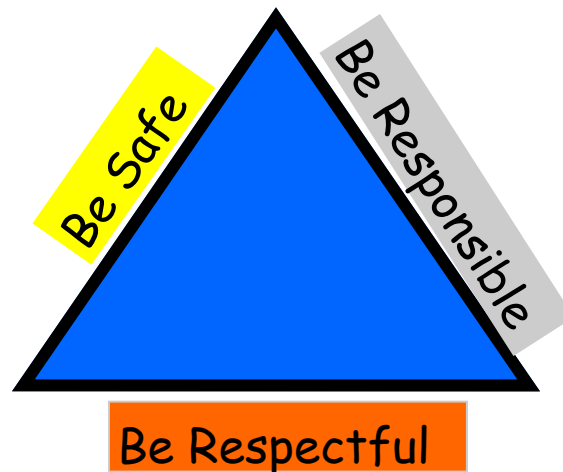


Positive Behavioral Interventions and Support

PBIS

- Building relationships and creating supportive environments
- Social emotional strategies
- Individualized intensive interventions



Center name and phone _____

What is PBIS?

PBIS (Positive Behavioral Interventions and Support) helps teachers and parents build supportive relationships and teaches children how to manage their behavior. PBIS helps us understand the purpose of behavior and the need it meets for the child.

Why do we need another program to deal with discipline?



Most discipline works by setting up rules and then using consequences such as “time out” or telling a child about what we do not want to see. “No running.” PBIS teaches us to state the positive behavior we want to see. “Walking feet.”



“Walking feet.”

PBIS reminds us as teachers that, “If a child doesn’t know how to read, we teach. If a child doesn’t know math, we teach. If a child doesn’t know how to behave.....we teach, **not punish.**” We can teach children rules, social skills like how to enter play and have friends. We can teach our children to succeed using words and actions that build positive relationships.

So how is PBIS different then what Head Start already does?

I Can Be a SUPER FRIEND



Recently, teachers were trained in PBIS. They learned new skills to help build relationships. They learned to make changes in their teaching and classroom to support all children. This has helped children in changing their behaviors. Head Start Guidance Policy was rewritten to include more positive behavior supports. The Head Start center is using the same PBIS rules in all the classrooms with the pictures and words:

- Be Safe
- Be Responsible,
- Be Respectful.

There are posters and pictures in the center with rules and visuals to help children learn rules and expectations. We have a tool kit for children to problem solve with peers and social stories. We work as a team with your help to individualize supports at school and home.

Parent and Children Talking About Rules

The teachers and children talk about what being safe, being responsible, and being respectful mean. They talk about what they think the rules of the classroom should be. Ask your child what the rules are at school. Talk at home about rules you have. Help your child understand there are rules at school and home. Here are a few ideas to start the conversations:

Be Safe

- Use walking feet
- Use safe hands
- Sit on your bottom
- Be gentle with your toys



Be Respectful

- Share with your friends
- Use kind words and quiet inside voices
- Use your words: sorry, excuse me, please and thank you
- Wait your turn to talk

Be Responsible

- Take care of each other, ourselves and our classroom
- Put away your toys
- Flush the toilet and wash your hands



Things to Try at Home!

- Tip 1** Get your child's attention.
- Tip 2** Be specific!
- Tip 3** Keep it simple (try to avoid combining encouragement with criticism).
- Tip 4** Encourage your child with enthusiasm!
- Tip 5** Double the impact with physical warmth.
- Tip 6** Use positive comments and encouragement with your child in front of others.

Try to **encourage** your child at least **5** times this week.