

PBIS at Home

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Maybe at some point over the past few years you have heard someone say the letters P-B-I-S. PBIS is short for Positive Behavioral Interventions and Supports. PBIS is an evidence based framework adopted by schools to positively affect student outcomes, specifically behavior. All



schools within Northmont have adopted PBIS.

During this time of Remote Learning, it can be stressful for students and parents. Below are some PBIS strategies that could help maximize learning time and make your life a little easier:

Set Routines

Children thrive when they have a routine and this is something that schools and teachers rely on to keep things running smoothly. A lack of routine can increase anxiety and challenging behaviors in children.

Take a look at the following sample schedule:

1. Get Ready to Learn
 - a. Wake up, eat breakfast and get ready for the day
2. Morning Check-In
 - a. How are you doing today? Review the morning schedule and expectations
3. Morning Movement
 - a. <https://www.theotttoolbox.com/outdoor-sensory-diet-activities/>
 - b. <https://kidsactivitiesblog.com/>
 - c. <https://www.gonoodle.com/>
4. Structured Learning
 - a. Math/Language Arts

5. Lunch Check-In
 - a. Eat lunch. Review the afternoon schedule and expectations
6. Afternoon Learning
 - a. Science/Social Studies/Specials
7. Afternoon Movement
8. Social Connection
 - a. Reach out and connect to family and friends via phones, internet, social media
9. Evening Family Time and Bedtime
 - a. Keep the same evening routine

Set Home Expectations

Each building has a set of previously established expectations that can be tailored to different settings within the school:

Kleptz Early Learning Center

Be Safe, Be Kind Hearted, Be a Good Listener

Englewood Elementary

Responsibility, Organization, Leading, Learning

Englewood Hills

Trustworthiness, Respect, Responsibility, Caring, Citizenship

Northmoor

Possibilities, Resilience, Relationships, Accountability, Integrity, Wisdom

Northwood

Prepared, Respectful, Responsible, Determined, Engaged

Union

Respect, Responsibility, Kindness

Middle School

Respectful, Responsible, Resourceful

High School

Respect, Responsibility, Resilience

Think about how the expectations from your child's school (or your own expectations) can be adopted at home. What does Respect look like during academic times? Maybe it means using kind language. Talk with your child about expected behaviors during virtual learning, at mealtime, bedtime, or any other areas you think are important. Maybe in these times "Keeping Safe" could be an expectation to focus on.

Teach, Remind, and Reward Expected Behaviors with Positive Feedback

Children need to be taught what the expectations are. If you want your child to use kind language, teach them what kind language is and how it should be used. It is also important to make sure children are reminded of what you want from them. Is it hard for a child to use kind words while they are doing work? Make sure to remind them prior to starting their work that they should be using kind language when talking to others. Finally, make sure to reward them when they use the words you expect them to use. A reward can be as small as verbal praise. Just make sure you tell them why you are praising them (“Thank you for being kind when your sister was having a hard time.”)

You Can Do It!

Finally, make sure everyone’s emotional needs are being met. These are difficult times and we need to take care of ourselves and each other. Know when to push and when to ease back. Northmont continues to build a list of resources, so if there is something you need please check social media or reach out to your child’s principal or counselor who can point you in the right direction.

