



## Positive Behavioral Interventions and Supports (PBIS) at Home

Positive Behavioral Interventions and Supports (PBIS) is a research-based strategy based on the science of behavior. PBIS focuses on: 1) preventing problem behavior and 2) teaching new skills and appropriate behavior to children who demonstrate challenging behavior. Schoolwide PBIS is used regularly in educational settings. A number of the strategies can also be used to help build skills and support appropriate behaviors in the home and community. When there are challenging behaviors at school, it is very important the individualized education program (IEP) team and parents work together to create an effective plan for teaching socially appropriate behaviors.

### PBIS Goals

- Encourage socially appropriate behavior by:
  - » Reducing the behavior causing the problem by changing the setting where the behavior is taking place, and how to respond to the child.
  - » Teaching, practicing, recognizing, and rewarding desired behavior.

### How PBIS Works

- Decide on desired behavior.
- Teach the desired behavior.
- Model (show) and have the child practice (act out) the desired behavior.
- Give rewards (reinforcement) that are meaningful to your child for desired behavior.
- Provide consequences for the problem behavior that make sense for the situation.

### PBIS School Topics for Home

Ideas under key PBIS topics include being respectful, responsible, safe, and prepared. You may already work on these areas at home. It may be helpful to use the same behavior expectations from school in your home. For example, if the school uses the words “be prepared to learn,” you can use “be ready to learn” at home. It is important to work on behavior expectations at home that meet the needs and abilities of your child and how your household operates.

#### **I am respectful.**

Listen to my parents. (Be specific, such as, say “What?” when my parent says my name.)

#### **I am responsible.**

Help with jobs at home. (Put away my toys.)

#### **I am safe.**

Wear my bike helmet when I ride my bike.

#### **I am prepared.**

Pack my backpack the night before school. (Put my reading book in my backpack for morning.)

April 2020





## What PBIS Can Look Like at Home

PBIS can be practiced at home as well as at school. It may be helpful to talk with your child’s teachers or IEP team about how PBIS is being used at school. The team may have suggestions for which strategies have been helpful in a classroom and help you consider ways the strategies can be used at home.

### Here are some ideas for using PBIS at home:

- Have clear expectations and routines. Use a visual to support schedules, transitions, or changes and keep language short and simple.
- Teach behavior expectations, such as being safe, respectful, and responsible.
- Talk with your family and be the example of expected behaviors.
- Be clear about what will happen when practicing and not practicing the expected behavior
- Recognize and reward your child for practicing the expected behavior.
  - » Set behavior goals with your child.
  - » Use sticker charts and give one sticker when your child follows the routine or meets an expectation.
  - » When your child fills the sticker chart, give your child a reward.

### Example PBIS Home Plans

#### Example 1

**PACER CENTER**  
 NATIONAL CENTER FOR THE CHILD WITH SPECIAL NEEDS

**Sample PBIS Home Plan**

Name \_\_\_\_\_ Date \_\_\_\_\_

Family expectations before school, after school, on weekends, and in the community  
 Identify your family's core expectations and behaviors.

**Be Respectful**

- Everyone takes turns using the bathroom.
- Be positive in the morning even if you are not a "morning person."
- Come home right after school.
- Remember the rules about leaving the house.
- Clean all plates with Mom or Dad.
- If you have a cell phone, take it with you when you leave the house.
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

**Be Responsible**

- Set your alarm.
- Get up when your alarm goes off.
- Put laundry in the laundry basket.

#### Example 2

EXPECTATIONS	PBIS HOME PLAN			
	Before School	After School	On Weekends	In the Community
<b>Be Respectful</b>	Everyone takes turns to use the bathroom. Even if you are not the morning person, be respectful.	Come home right after school. Remember the rules about leaving the house.	Clear all plates with Mom or Dad.	If you have a cell phone, take it with you when you leave the house.
<b>Be Responsible</b>	Set your alarm. Get up when your alarm goes off. Eat breakfast. Catch the bus.	Call Mom or Dad when you get home if needed. Let the dog out. Do your homework.	Do not change plans without telling Mom or Dad.	Use bike rules and follow street signs when riding bike (stop, yield, signal, wear a helmet).
<b>Be Helpful</b>	Make your bed.	Set the table for dinner. Feed the dog.	Clean your room. Do your laundry. Feed and walk the dog.	Put litter in the trash. Be kind.

## Resources

- [Michigan’s Integrated Behavior and Learning Support Initiative \(MIBLSI\)](#)
- [Michigan Department of Education \(MDE\): PBIS](#)
- [Positive Behavioral Interventions and Supports: Family Page](#)
- [Positive Behavioral Interventions and Supports: Frequently Asked Questions](#)
- [U.S. Department of Education: \*Individuals with Disabilities Education Act \(IDEA\)\*](#)

