

Behavioral Health & Wellness

Family involvement has a positive effect on student behavior. When families are involved, students exhibit more positive attitudes and behavior.

Define Behavior Routines with PBIS

Children's problem behavior may be prevented or reduced when behavior expectations are clearly defined and taught. Being safe, respectful and responsible are three universal expectations often used as a basis for establishing positive behavior. These expectations can be used to define how specific behaviors will look at home. Think of your daily routines.

Choose the routines you would like to improve

TEACH	Getting up in the morning	Getting to School	Home Work Time	Mealttime	Getting ready for Bed
H Help Out	Make your Bed	Back Pack Ready, Lunch	Put things in folder when finished	Set Table Clean up	Brush teeth Dirty clothes away
O Own your Behavior	Get up on time Get dressed	Be ready to leave on time	Do you Best work Start on time	Use kind words	Get to bed on time
M Manners Count	Try a morning Smile Be Pleasant	"Thanks for the ride" "Have a Nice Day"	Kindly ask for help "Thanks for the help"	Please and Thank you go a long way	End the day with nice words and thoughts
E V E R Y D A Y					

TIPS

PBIS- Positive Solutions for Families

Keep expectations realistic | Plan ahead to set your child up for a successful experience | Clearly state your expectations in advance | Offer limited reasonable choices | Use when...then statements | Stay calm | Use Neutral Time when everyone is calm enough to think, talk, & Listen

Mental Health

Communication is Key!

Practice the use of "I" Statements to encourage healthy communication.

- I feel _____
(Tell the person how you feel)
- When _____
(Explore the event that made you feel that way. Avoid blaming words.)
- Can you please _____
(What you would like to see happen in the future?)

It is important to recognize and validate others feelings as well.

Practice the use of "Active Listening Responses."

- You sound _____
- That/because _____
- Next time I will _____

"Just like children, emotions heal when they are heard and validated."

— Jill Bolte Taylor

Social Work

Building Positive Communication with Your Child

- Give your child affirmations. Find opportunities to praise your child in what they are doing right
- Be a role model for your child. You can be a positive influence on how your child chooses to communicate their emotions by showing them how you deal with your own emotions.
- Create rules/expectations together. Have your child be a part of the conversation so they can learn to hold themselves accountable.
- Keep an open conversation on how they are doing daily – you can create a routine of daily check-ins to see how they are handling school and any other stressors in their life.