

# POSITIVE behavior SUPPORTS for home

# clear & consistent expectations

**Why:** normally, your child is expected to do specific things at school, and specific things at home. This is a very confusing time for everyone. If your child is struggling to understand, provide clear expectations when it is time to do schoolwork. Ask your child's teacher for suggestions!

**Materials needed:** paper, writing utensils

**Instructions:** work with your child and/or your child's teacher to brainstorm 3-5 realistic rules that need to be followed during "school time." These rules should never change. Post the rules during times that you expect your child to follow them.

**Example:** school time expectations: do my best work, listen to my parents, use kind words, be patient.

# Schedule

**Why:** A schedule will give your child something predictable in this time of uncertainty. Your child will know what is coming next. It may also help if your child is saying, "I'm bored!" and asking you what to do all the time.

**Materials needed:** paper, writing utensils

**Instructions:** Write down activities that your child is expected to do each day. These can be the same or different every day. It can be structured, with specific times activities, or it can be like a to-do list. For non-readers, use pictures or visuals to promote independence.

**Example 1:** eat breakfast, read 3 books, do math worksheet, play outside, eat lunch, do 2 chores

**Example 2:** 8:00: eat cereal. 8:30: read for 30 minutes. 9:00: math fact practice. 9:30: practice soccer. 10:00: put away laundry

# REWARD SYSTEM - token board

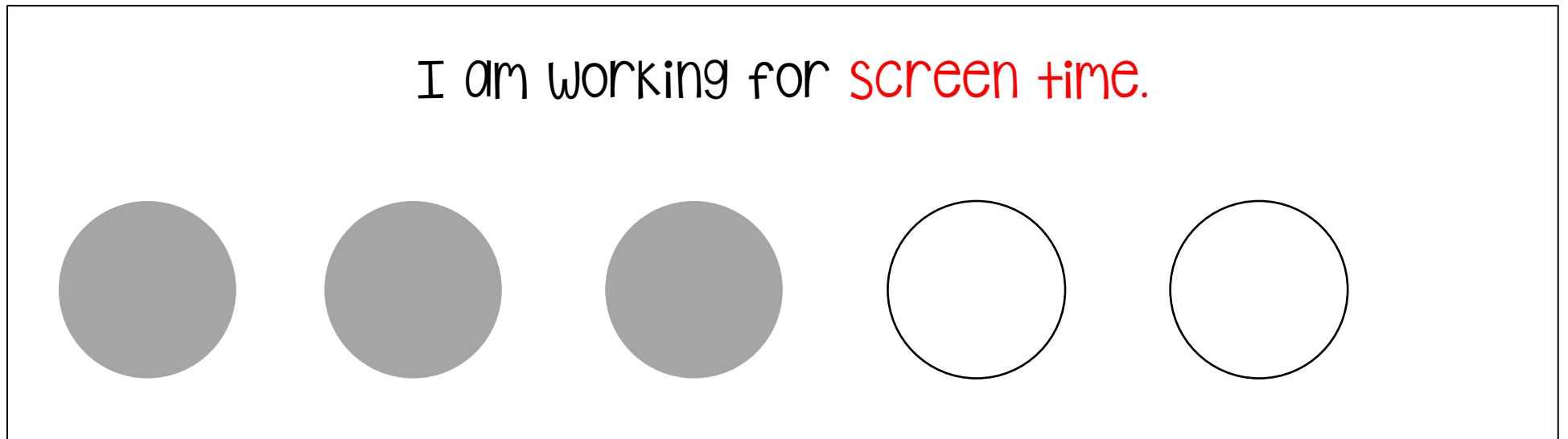
**Why:** motivation for your child to stay on task. A token board will allow your child to see how much work is left until a break.

**Materials needed:** paper, writing utensils, 5-10 coins

**Instructions:** at the top of the paper, write, "I'm working for..." provide options for potential rewards that your child can earn. Draw 5-10 circles on the paper (depending on your child's needs). Put coins in the circles when your child follows expectations. When all circles are filled, your child can earn the reward!

## Example:

\*Child has 2 more tokens to earn before screen time\*



# REWARD SYSTEM - CONTRACT

**Why:** motivation for your child to stay on task. A contract outlines expectations and rewards that can be earned

**Materials needed:** paper, writing utensils

**Instructions:** use your child's schedule and expectations to create a contract. For each part of your child's day, they can earn a smile or frown. Set a specific number of smiles they need to earn to get a big reward. Parent and child should sign the contract!

**Example:**

**RULES:** do my best work, listen to my parents, use kind words, be patient

Reading ☺ ☹

writing ☺ ☹

Math ☺ ☹

science ☺ ☹

Chores ☺ ☹

art ☺ ☹

**4 smiles = watch a movie**

# Timer

**Why:** it is not fair to expect your child to work for an unspecified amount of time with no end in sight.

**Materials needed:** phone, computer, microwave, oven.. ANYTHING with a timer!

**Instructions:** set a timer so that your child knows when work time will be over. Remember... we all need a break sometimes!

# Thank YOU!

Hi! My name is Abigail Christianson. I am an elementary special education teacher. I am licensed to teach students with mild to severe disabilities in grades P-12. I am in graduate school to earn my master's degree in applied behavior analysis. All the supports in this document are evidence-based practices that I use daily in my special education classroom.

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