

## Desert View's PBIS Newsletter

For more information visit us at: 1555 West Avenue  
H10 Lancaster, CA 93534  
Or call us at: 661-942-9521  
Office Hours 8:00-4:00

### GETTING BEHAVIOR IN SHAPE AT HOME

WRITTEN BY: LAURA RIFFEL AND EDITED BY ANN TURNBULL

Positive behavior interventions and support, often called PBIS, is not just for schools. Parents can use the same ideas to create a better environment for the entire family. First, let's look at what PBIS is:

1. Deciding what behavior you want to change.
2. Deciding how you want that behavior to change.
3. Using behavior science to change that behavior.
  - a. Develop a theory about why you think the behavior is occurring
  - b. Test your theory
4. Using supports that have been tested and proven to work.
  - a. Teach new skills to get the same results
  - b. Change environments and daily routines.
  - c. Reward positive behaviors.

*Positive behavior support does not mean changing the child; rather, it means creating a new environment that supports the positive behavior you want to achieve. It means creating a plan that determines who will help and what you will do differently. So how you do this?*

### YOUNGER CHILDREN

Let's take a hypothetical child: Let's call the child Taylor.

- Taylor refuses to eat dinner almost every night.
- Let's think about what behavior we want:

We want Taylor to eat a healthy, balanced dinner.

Let's brainstorm reasons that Taylor may be refusing to eat:

- Taylor doesn't like the food.
- Taylor fills up on other things before dinner.
- Parents give lots of attention when dinner is refused.

Let's test the reasons that Taylor won't eat dinner:

- Ask Taylor to help plan the menu with favorite foods.
  - Limit Taylor on any snacks prior to dinner
  - Give Taylor lots of attention by helping cook dinner, set the table, etc.
- As each reason is tested, note which one causes Taylor to eat more dinner.
- Praise positive results
- Let's assume that more is eaten when Taylor plans the menu.
- For the first few times, you may have to fix macaroni and cheese and peanut butter and jelly sandwiches with jellybeans; however, Taylor eats the entire meal.
  - Praise Taylor for eating the entire meal.
- After several successful meals, as Taylor is planning the meal tell Taylor that you are going to fix 3 things. Taylor gets to choose all three but they must be from the choices you present.
- Give Taylor five choices and have Taylor choose three
    - Macaroni and cheese
    - Peanut butter and jelly
    - Hamburgers shaped like hearts
    - Celery filled with peanut butter and raisin ants (call them "ants on a log")
    - Pears decorated to look like a funny animal
- Notice how two of the choices were the things that Taylor has already proven likelihood of eating. Tell Taylor that if the plate is clean, it will be Taylor's choice the next evening.
- As Taylor eats more and more, give increasing praise for eating dinner and for doing a good job of planning a good meal.
- Keep changing the choices to healthy choices until you are actually replacing the macaroni and cheese and peanut butter and jelly with more healthy choices.
- Eventually, Taylor will be willing to try new things as taste buds evolve.
  - Taylor feels powerful because there was choice in the meals and now has acceptance of varied foods.
- We changed the environment, and it produced more positive results than demanding that Taylor eat dinner.

How many of us remember sitting at the table until it was bedtime because we refused to eat our vegetables? I doubt it really made us want to eat them again the next time.



September 2019 Vol.1 No.2



