

# DESERT VIEW'S PBIS NEWSLETTER



Volume 2 No. 2 September 2020

## RECENT SUCCESSSES

*“Although we are personally ‘distant’ I feel like I know my students/families more personally.”*

*“Parents may be frustrated, as we all are, but they have been gracious as well.”*

*“I’m learning a lot more and feel more capable with technology.”*

*“I am so appreciative of parental involvement—they have been amazing!”*

## CONSEQUENCES

A meaningful consequence is one which makes a child think about their actions. Give consequences with the intent to teach your child as opposed to punish. Consequences should be given in a no-nonsense delivery. Follow through with consequences, make the consequence reasonable, and consider relating them to the child’s behavior.

## REWARDS

Rewards should be given when a child is consistently meeting the desired expectation and used sparingly. *That being said, when your child is doing the right thing positive, verbal feedback should be given often.*

- Quality time with a parent or guardian
- Choose a movie for Family Movie Night
- Choose a game for the family to play
- Make their own recipe or recipe from a cookbook
- Play a sports activity with a parent or guardian
- Have a basket of toys (ones that you already own) but your child has to earn to play with them
- Choose dinner for the night
- Choose a restaurant for take-out
- A trip to the park

## PROBLEM BEHAVIOR AT HOME?

- **Don’t assume children know the expectations for schooling at home:** Sit down and talk with your child(ren) about what is expected of them.
- **Have a routine:** Having a routine in place also gives children the predictability that they crave in such changing times.
- **Structured Choice:** If possible, allow your child(ren) an option as to what assignments they’d like to do first. Structured choice lets kids feel like they have some say in what they are doing.
- **Break assignments into manageable chunks.**
- **Give breaks when needed:** Playing outside or in their room can help reset children so they can get their work done.
- **Stay Calm:** You are modeling what you want to see in your child.
- **Don’t act when you are angry:** If your child did something that is upsetting to you, take moment away from your child to calm your emotions before speaking with your child.
- **Be kind to yourself—**go for a walk, listen to relaxing music, don’t talk/think negatively about yourself, be kind to others.
- **Have realistic expectations for your child’s age/grade level.**
- **If your child is upset allow them time to self-regulate** (calm down on their own).

Also, create effective consequences that will help teach them what acceptable behavior is vs. unacceptable behavior. Give your child your attention and catch them being good. Praise them when you see or hear the desirable behavior. For example, “Thank you for getting started on your work without being asked,” “Good job for asking mom when you needed help, without getting frustrating/whining,” “I appreciate that you did your school work with a positive attitude today,” “You really worked hard on getting those lessons passed,” etc.

---

*“Children are not a distraction from more important work. They are the most important work.” –C.S. Lewis*

---