

PBS – Positive Behavioral Support at Home

How do I use PBS at home?

1. The home is more positive than negative
2. A family code of conduct in place
3. We are safe, responsible, and respectful
4. Parents teach and model what is expected
5. Appropriate behaviors are routinely acknowledged
6. Expectations are consistently enforced

What's wrong with punishment? Penalties and Punishment may:

1. Gain someone's attention
2. Buy us time to come up with a strategy
3. "Work" with a compliant person
4. Punishment by itself doesn't change behavior
5. Overuse of penalties and punishments encourages hostility and subversive behaviors

Think About Your Home

1. Have the expectations been defined and agreed upon by all adults in the home?
2. Are expectations explicitly taught?
3. Do all adults acknowledge when the expectations are followed?
4. Do all adults consistently enforce the expectations and correct misbehaviors?

Teaching Behaviors at Home

1. Define the skill
2. Teach it
3. Practice it
4. Pre-Correct
5. Prompt and cue
6. Acknowledge it

7. Correct it
8. Monitor it

Responding to Misbehaviors

1. **Before it starts:** Teach – Pre-correct
2. **Just starting:** Move closer (increase proximity), cue, prompt, remind, restate what the behavior looks like
3. **Crisis:** Provide emotional space – Avoid imposing consequences
4. **After:** Debrief – Strategies for future success – Select a consequence