Structuring Homes for the Best Possible Behavior

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Parenting with Positive Behavior Support

- Understanding Patterns
- Preventing Problems
- Teaching New Skills
- Responding Effectively
- Changing Lives
- Working Together

Hieneman, Childs, & Sergay, 2006

Trivia Question

Which actor won the 1998 best supporting Academy Award for his work in film A Fish Called Wanda?

Hieneman & Childs, 2010

Our Agenda

- Defining Expectations
- Establishing Priorities
- Organizing the Household
  - space
  - time
- Responding to Behavior

Hieneman & Childs, 2010

Defining Expectations

- Overall vision for your family (values, beliefs, goals)
- Specific behavioral expectations (what family members need to say or do to achieve that vision)

Hieneman & Childs, 2010

Our House Rules

- Be a good listener
- Use gentle hands
- Speak nicely to others
- Pick up and pitch in

Hieneman & Childs, 2010
Our House Rules

- Be kind to one another
- Communicate openly
- Be adventurous

Teaching Expectations

- Define
- Model
- Remind
- Praise
- Correct

Try It: Family Expectations

- Identify three or more values, beliefs, or goals that you desire as a family. Create a vision for your family.
- Based on that vision, identify at least one expectation (rule), stating exactly what behaviors you want.
- Discuss how you can communicate and teach your expectations to your family.

Establishing Priorities

- What people and activities are most important to you?
- How do you want to allocate your time between those people and activities?

If necessary, use an activity log.

Evaluating Tasks

- Creating “Things to Do” Lists
- Estimating Time Required
- Assessing Importance
  - Have tos (meeting life demands)
  - Want tos (filling your bucket)
- Saying No or Later
- Delegating Activities

Time Management Matrix

(Stephen Covey – 7 Habits of Highly Effective People)

<table>
<thead>
<tr>
<th>Important</th>
<th>Not Important</th>
<th>Urgent</th>
<th>Not Urgent</th>
</tr>
</thead>
<tbody>
<tr>
<td>I.</td>
<td></td>
<td>- Crises - Deadlines - Problems</td>
<td>II.</td>
</tr>
<tr>
<td>III.</td>
<td></td>
<td>- Interruptions - Last minute calls or meetings - Social pressures</td>
<td>IV.</td>
</tr>
</tbody>
</table>

Hieneman & Childs, 2010
Organizing Household Space

- In what ways does your environment support or interfere with the behavior you want to achieve?
  - Encourage productivity
  - Offer appropriate supervision
  - Minimize disturbances
  - Provide comfort

Our Physical Space Guidelines

- Shoes always on feet, in bedroom, or in basket by front door
- Backpacks and school items in bedroom or laundry room when not in use
- Homework at kitchen table or desk in bedroom (electronics off)
- Each evening before readying for bed, everyone picks up personal belongings from family areas

Organizing Household Time

- Time: How is your time organized and what limits have been established for family members?
  - overall schedule
  - timelines/limits
  - daily routines

Our Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>Get Ready</td>
<td>Read</td>
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<tr>
<td>8:30</td>
<td>Family Talk</td>
<td>School</td>
<td>Work</td>
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<td>Work</td>
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<td>4:00</td>
<td>Special Activity</td>
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Our Routines

Morning
- Get dressed
- Brush your teeth
- Make your bed
- Have breakfast
- Read (15’)
- Get ready
- Play

Afternoon
- Have a snack
- Do homework
- Complete chores
- Play

Try It: Organizing Household

- Consider the physical organization (space) of your home and identify at least two changes you could make to your environment to improve behavior.
- Identify at least two changes you could make to your daily or weekly schedule (including possibly limiting activities) that may improve behavior. Consider both what you have to do (e.g., school, work) and what you want to do (e.g., play, relaxation).

Responding to Behavior

- Encourage positive behavior: Rewards for positive behavior (i.e., following household expectations)
- Discourage rule breaking: Natural and logical consequences that can follow misbehavior, minimizing punishment

Our Rewards and Consequences

<table>
<thead>
<tr>
<th>House Rule</th>
<th>Rewards</th>
<th>Consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be Kind to Each Other</td>
<td>Praise, access to computer/video/tv</td>
<td>Time in room No access to computer/video/tv</td>
</tr>
<tr>
<td>Respect Property</td>
<td>Access to “things” New “things”</td>
<td>Loss of “things” Extra work (e.g. cleaning)</td>
</tr>
<tr>
<td>Be on Time</td>
<td>Praise, choices (e.g. meals, seat in car)</td>
<td>Loss of privileges Extra work (e.g. wash car)</td>
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Try It: Responding to Behavior

- Using one or more of your household rules, identify rewards or consequences you could use to encourage rule following.

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Parenting with positive behavior support is about understanding behavior, being proactive, teaching skills, and reacting purposefully.

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