

Using Positive Methods for Change at Home

While teachers can provide structure and behavioral interventions in school, some parents have difficulties managing certain behaviors at home. This *Parent Teacher Conference Handout* provides you with a list of practical articles that can help parents better understand behavior and how to best apply certain skills for effective behavior management of their children.

- **Teaching your children self-control.**

http://kidshealth.org/parent/emotions/behavior/self_control.html

Helping kids learn self-control teaches them how to respond to situations without just acting on impulse. ... But with self-control, your child can understand that a temper tantrum means you'll ... This helps kids improve their sense of self-control..

- **How might you address your child's challenging behavior?**

www.pbs.org/parents/issuesadvice/inclusivecommunities/challenging_behavior.html

You'll find this reader-friendly site is well organized. It has facts about all aspects involved in working with children who have challenging behavior. Links to information on assessment and special education are provided. The information is also available in Spanish, at:

www.pbs.org/parents/issuesadvice/inclusivecommunities/challenging_behavior_sp.html

- **More on teaching kids self-control skills.**

www.naspcenter.org/pdf/behavior%20template.pdf

Learn strategies to teaching kids the techniques for self control. Written by the National Association of School Psychologists, this 4-page document gives ways to help children identify their feelings and learn to recognize the connection between feelings and behaviors. It also offers specific techniques to teach your child how to handle anger.

- **Alternatives to spanking.**

<http://www.healthyplace.com/parenting/parenting-skills/reinforcing-positive-behavior-at-home/>

Using praise and positive reinforcement can truly improve your child's behavior. Here's how to do that.

- **Get behavior in shape at home.**

<http://www.pbis.org/spanish/files/behaviorshape.doc>

How do you create a Positive Behavioral Support system in your home? This Web site gives easy-to-implement suggestions. Learn the reasoning behind different techniques and how to use them to achieve your behavior goals. Specific examples include: eating dinner, asking for things while grocery shopping, and budgeting to teach children the value of money. (Also available in Spanish, at: <http://www.pbis.org/common/pbisresources/publications/behshapespanish.doc>)

- **Learn practical solutions to common behavior problems.**

<http://cecp.air.org/familybriefs>

This web page links to 12 different publications on various topics, including promoting resilience in children, encouraging good behavior, and how to get your children involved in addressing their own challenging behaviors.

- **Your parent-friendly guide to functional assessment and support.**

www.uoregon.edu/~ttobin/parent.pdf

This 21-page guide describes what a functional assessment is, and what it can do to help your child. You can use this information to help your child at home, and also work with school staff to put a plan into place at school.

- **Functional behavioral assessment (FBA) and positive interventions:**

What parents need to know.

www.pacer.org/parent/php/php-c79.pdf

This publication will help you find out what is causing your child's problem behaviors. After you find the cause, you can create a game plan to support and encourage the behaviors you do want, and get rid of the behaviors you don't want. Also available in Spanish and Hmong.