

Family Plan for Positive Behavior at Home

Use this resource to make a family plan for positive behavior at home. Start by reading “[Supporting Families with PBIS at Home.](#)” Meet with your family and make your own plan in three simple steps:



- 1. Set Routines: Make a family schedule.**
 Routines are activities that we do every day as a family, such as getting ready in the morning. Make a list of things you do as a family in the order that you do them. You can change or replace the light blue text in the table to the right to make your own family schedule.
- 2. Choose Expectations: What you want to see.**
 Expectations are short phrases or values that share what is important for your family, such as being kind to others.
 - a. Choose a few positive **expectations** that work with your family schedule. If your school has expectations, you might use the same ones.
 - b. **Make a table** with your expectations.
 - i. Add your family **expectations** down the left side.
 - ii. Add your family **routines** across the top (from your schedule).
 - iii. Add **examples** to show what it looks, sounds, and feels like to follow your family expectations in each routine.

You can change or replace the light blue text to make your own home expectations table below.

1. Family Schedule	
• Get ready in the morning	<i>Wake up, get ready for the day, & eat breakfast</i>
• Morning check-in	<i>Look at the morning schedule & check-in (how are you doing today?)</i>
• Morning Exercise	<i>Take a walk outside, “hike” inside on the stairs, etc.</i>
• Remote Instruction	<i>Use the school schedule to establish times for instruction</i>
• Lunch check-in	<i>Eat healthy lunch, look at the afternoon schedule & check-in</i>
• Complete Homework	<i>Choose a time to do homework</i>
• Afternoon Exercise	<i>Take a walk, dance party, etc.</i>
• Be with Friends & Family	<i>Connect with family or friends through social media, phone, etc.</i>
• Get ready for bed	<i>Brush your teeth & go to sleep</i>

Expectations	Routines	Get ready in the Morning	Remote Instruction	Complete Homework	...
		1. Kind to self <ul style="list-style-type: none"> Brush your teeth Eat a healthy breakfast 	<ul style="list-style-type: none"> Set up a quiet learning space with materials you need Stay focused 	<ul style="list-style-type: none"> Do your best Ask for help if you need it Turn your homework in 	<ul style="list-style-type: none">
2. Kind to others <ul style="list-style-type: none"> Use kind words with your family Ask your family members if they need help 	<ul style="list-style-type: none"> Actively listen Mute yourself when not talking Take turns when working in groups 	<ul style="list-style-type: none"> Stay in your own space Use headphones or turn speakers off Use kind words when someone helps you 	<ul style="list-style-type: none"> 		
3. Kind to our home <ul style="list-style-type: none"> Clean up your dishes after you eat breakfast Help put any items away 	<ul style="list-style-type: none"> Put your supplies away after learning Keep your working area clean 	<ul style="list-style-type: none"> Put your supplies away Turn technology off and charge for tomorrow 	<ul style="list-style-type: none"> 		
...					



3. Teach, remind, reward, and respond to encourage positive behavior

Remember when your children were younger? You likely taught them how to eat, drink, communicate, and many other important skills. You can use a similar approach to teach your family schedule and expectations.

The table below shares a way to teach and encourage the behaviors you want to see.

Teach	<ul style="list-style-type: none"> • Discuss: Meet as a family to talk about the kinds of behaviors you want to see (i.e., examples in your table above) and the kinds of behaviors you do not want to see. • Teach: Use three steps to teach your children how to do the behaviors you want to see in each routine to be sure they know what it looks, sounds, and feels like to meet your family expectations. <ul style="list-style-type: none"> ○ Show: Act out what desired behaviors look like for the routine. For example, if you want them to clean up your dishes after eating breakfast, have them watch you pick up your dishes and put them in the sink. ○ Practice: Have your family join you in acting out. Consider making this a fun family activity, such as recording it or creating TikTok videos. ○ Watch: Have them show you the desired behavior—you're done teaching when they can do it correctly.
Remind	After you teach, remind your children to follow your home expectations ("Remember to clean up your dishes after breakfast.") at the beginning of routines (before breakfast), especially when you start a new routine.
Reward	Reward the behaviors you want to see. One of the best rewards is noticing that they followed family expectations and thanking them. ("Thank you for cleaning up your dishes. That was really kind!")
Respond	When a member of your family makes a mistake (including you!), respond to help them get it right the next time. <ul style="list-style-type: none"> ○ Remind: "I see dishes on the table. Remember to be kind to others and put your dishes in the sink." ○ Re-teach: If your child keeps making the same mistake, re-teach (show, practice, and watch again). ○ Reward: "That was amazing! You put your dishes in the sink!"

The following table can help you plan out how to teach, remind, reward, and respond. You can change or replace the light blue text to make it your own.

	Routine: Choose 1 routine to start with and write it here
	Expectation: Choose 1 expectation to start with and write it here
Teach	<ul style="list-style-type: none"> • Discuss: Add main points for discussion <ul style="list-style-type: none"> ○ Following the expectation looks like: Add your positive examples here (do these) ○ Following the expectation does not look like: Add your negative examples here (NOT these) • Teach: <ul style="list-style-type: none"> ○ Show: Add your plan here ○ Practice: Add your plan here ○ Watch: Add your plan here
Remind	<ul style="list-style-type: none"> • Before new or hard routines, remind children how to follow your home expectations <ul style="list-style-type: none"> ○ Add 1-2 examples of how and when you will remind here ○
Reward	<ul style="list-style-type: none"> • When your child engages in desired behavior, praise! <ul style="list-style-type: none"> ○ Add 1-2 examples of how you will reward (praise) here ○
Respond	<ul style="list-style-type: none"> • When your child makes a mistake: <ul style="list-style-type: none"> ○ Remind: Add 1-2 examples of how and when you will let them know they made a mistake and remind what to do ○ Re-teach: If your child keeps making the same mistake, re-teach (teach again). ○ Reward: Add 1-2 examples of how you will reward (praise) when get it right the next time