

## HOME MATRIX

PBIS is a process that teaches children how to behave appropriately by focusing on teaching, practicing, recognizing and rewarding the expected behavior. Research shows that when behavioral expectations are clearly established and taught in the home, children's problem behavior is prevented or reduced.

### HOME MATRIX TIPS:

- Clear Expectations: Make sure expectations are taught and discussed with all members of the family. (Meet as a family to discuss these.) Key to success is having contributions from everyone in the family.
- The listed expectations should fit all family members. Center the matrix around the expectations in the home, rather than focusing only on problematic behaviors.
- Use positive language. (Example: rather than "No slouching at dinner table" state "Sit up straight")
- Role-play/practice the expected behavior
- For consistency, consider mimicking some of the school's expectations/using the same language
  - Example: Voice Levels
    - Level 0: 0 Volume
    - Level 1: Whisper
    - Level 2: Inside Voice/Normal Talking Voice
    - Level 3: Recess/Outside Voice
    - Level 4: Emergency/Call For Help

Once expectations have been established, it's time to set up a reward system. That way your child can be recognized for using the preferred behavior. Be sure to explain the positive reinforcers and the consequences.

## REWARD SYSTEM for Appropriate Behaviors:

\*\*For every negative recognition, you should use positive recognition 5 times.

### Specific Positive Verbal Praise/Recognition

- Example: Sarah, I like the way you got up on time--that's how we show determination at home or "Thanks for being responsible and putting away your bike."

### Ideas of tokens and ways to use them:

- Golf tees, marbles, pom-pom's, etc can be used by putting one of these in a jar every time the expected behavior is "caught" (Can use a different color for each child)
- Point/Sticker charts: One point/sticker is earned for each expectation met.
- The child could have a goal and earn a reward for reaching the goal
- There could be a "menu" of rewards, some big, some small that a child can "buy" with their points.
- There could be a Family Goal: "When we earn 50 points (have 50 pom-pom's, etc), as a family we will..."
- Brainstorm with your family some low/no cost reinforcers. (Game night, alone time with parent or special person, extra book at bedtime, etc)
- The focus/emphasis should be on the positive interaction-not the token. The token helps to shape the desired behaviors, but is meaningless without the specific positive praise.

## Consequences for Problem Behaviors:

- When problem behavior occurs, remember to remain calm. Respond rather than react.
- Remind your child of the expectation.
- Re-teach/model and have your child practice the expected behavior.
- Use consequences appropriately. Decide ahead of time what consequences there will be for problem behaviors.
- Give the minimum amount of attention required to the misbehavior.
- Save talking for when they are listening
- Use a consequence that is age appropriate and related to the misbehavior.
  - Example: left your bike out, lose your bike privileges for tomorrow. (not related: left bike out, no dessert)