



### **Effective Discipline Guidelines**

Effective discipline really begins with rewarding and praising positive behaviors. When you are faced with a problem behavior, mild punishment techniques can be effective, but only when they are paired with positive reinforcement for the positive opposite of the problem behavior.

- 1. Remain calm.**
- 2. If you need to take a privilege away, take it away for a short period of time, such as TV or phone privileges for an afternoon or an evening. How immediate and consistent the punishment is usually is more important than how big the loss is or how upset your child becomes.**
- 3. Praise and reinforce your child's positive behaviors (positive opposites)**

Whenever you want to change behavior, focus on the positive opposite. The positive opposite is the key to increasing positive behavior, and every problem behavior has a positive opposite. It is the behavior you want your child to be doing instead of the negative behavior. Your child is more likely to do the positive behavior if given the positive opposite than if punished.

## **PBIS in the Home**

### **What is PBIS**

PBIS stands for positive behavioral interventions and supports. There are three main components of PBIS. They are teaching appropriate behavior in hall settings, provide interventions when behavior expectations are not met, and recognizing students when behavior expectations are met.

The focus of this program is acknowledging and rewarding students for consistent positive behavior. Schools use a variety of interventions including school wide rewards, mentor programs, interventions and more!

### **PBIS at Home**

Please support PBIS at Home by:



- Reviewing behavior expectations with your child
- Using the School Expectations at home
- Providing positive reinforcement (rewarding good choices with compliments or quality time) at home
- Sharing comments with or asking questions of PBIS team members

### **Fun Fact**

Since July 1999, over 800 Maryland school teams, representing all 24 local school systems, have been trained in PBIS

