

**POSITIVE BEHAVIORAL
SUPPORTS**

Thank you for joining our New Leaf
Alternative training on methods to support
and encourage positive behaviors

WHAT IS A POSITIVE BEHAVIOR SUPPORT

Positive behavior support is based on respect, dignity and offering choices (as appropriate to the child's age and developmental level).

Positive behavior support helps children develop effective strategies for getting their needs met and helps reduce behavior problems.

**COMPONENTS OF PBS ARE AS
FOLLOWS:**

1. Supportive environment: A supportive environment ensures children get their needs met when they use socially acceptable behaviors.

It reduces a child's need to use problem behaviors to obtain an adult response.

**ADULTS IN A SUPPORTIVE
ENVIRONMENT WILL:**

- a) Acknowledge the child's abilities and accomplishments;
- b) Notice what the child does right and encourage more of that behavior;
- c) Balance predictability and consistency with an ability to respond quickly to changes in the child's life and behavior; and
- d) Recognize stressful circumstances (such as poor sleep, hunger, illness, parental visits, or court dates) and make reasonable adjustments in expectations for the child.

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SKILL DEVELOPMENT

**ADULTS INCREASE BEHAVIORAL
CONTROL SKILLS IN CHILDREN BY:**

- a) Explaining what is expected;
- b) Redirecting ineffective behavior;
- c) Offering choices;
- d) Modeling how to negotiate and problem solve;

ADDITIONAL HELPS:

- a) Supporting the child's efforts to effectively control her own behavior; encourage them to use their skills they are learning.
- b) Being aware of and managing their own responses to challenging behaviors;
- c) Providing a daily structure which supports the child's need for consistency;
- d) Developing a list of response options and matching the intensity of the adult response to the seriousness of the child's behavior;

ADDITIONAL HELPS CONTINUED

- e) Giving consequences for unacceptable behavior; BUT BE REALISTIC NOT CRAZY! THIS IS NOT A POWER THING!! It's not about you. It's not about who is right/wrong. It is about gaining a win-win situation.
- f) Encouraging each child to be appropriately involved in school and community activities; and
- g) Making sure each child has opportunities to form significant, positive friendships and family relationships.
- h) Pick your battles carefully and don't fight them all there is a time to let some things go. Remember you were a child once. You weren't perfect!

GET REAL

- Remember this is real life. So be a good example of someone that enjoys their life
- Remember to be kind
- Remember if you will spend at least five minutes of quality attention each dayYou will build a relationship
- Remember to notice... Tell your kiddo “ I noticed that..... “ and then notice something. Notice anything “I noticed you are wearing your favorite red shirt” “ I noticed you brushed your teeth” . A child needs to feel important.
- Remember to focus on what your kids do RIGHT.
- Remember why you love them, if nothing else remember to remember them!
- They notice you and take great notes from your actions!

Every life is worth your best effort!

A dark background with a repeating floral pattern. A white rectangular box with a thin black border is centered in the upper portion of the image.

THANK YOU

THANK YOU FOR JOINING OUR NEW LEAF ALTERNATIVE TRAINING
ON POSITIVE BEHAVIOR SUPPORTS.

THESE ARE “THE PARENTING SKILLS” THAT MAKE ALL THE
DIFFERENCE IN THE WORLD.