Rules and Logical Consequences at Home

Welcome! Please do the following:

• Find a table & fill out a name tag

• On the index card… Please list the greatest areas of challenge you have with your child
Get to know each other . . .

Take a minute and greet the people at your table. You may want to mention:

- Your name
- Your children
- The schools they attend
At your table...

1. **Using the paper at your table ~ list ways you have known people to discipline children during times of misbehavior.**

2. **In three minutes or less... view the lists created by other groups around you. Note what you notice.**

3. **Quick share ~ what did you notice?**
Three Basic Needs of Children
by Janet Nelson

1. Sense of belonging and significance
2. Personal power and autonomy
3. Life skills (social skills and problem-solving skills) for success
The Continuum of Positive Behavior

Proactive

- Understanding needs of and cues from the child
- Establishing rules and routines
- Modeling expected behavior
- Using effective language
- Using reflective techniques

Ideally 90%

Reactive

Logical Consequences
- Positive time out
- You break it, you fix it
- Apology of action
- Loss of privilege

Ideally 10%
1. **Understanding needs of and cues from your child**
   - Physically (gross and fine motor abilities)
   - Socially (shyness, outgoing, ability to work with others)
   - Cognitively (aptitude and thought processes)
   - Basic needs (food, sleep, exercise)

Although there are general developmental stages, each child is an individual ~ one size does not fit all
Proactive Strategies

2. Establishing rules and routines

Creating structure and boundaries for your child to understand expectations

Establish family rules ("In our family we...take care of each other, help clean up, use appropriate language etc...")

Establish important routines (morning, bedtime, clean up, homework, chores, family time, etc...)

- Establishing rules and routines
  - Creating structure and boundaries for your child to understand expectations
  - Establish family rules ("In our family we...take care of each other, help clean up, use appropriate language etc...")
  - Establish important routines (morning, bedtime, clean up, homework, chores, family time, etc...)

HOME RULES
Always be honest
Count your blessings
Bear each other's burdens
Forgive and forget
Be kind and tender-hearted
Comfort one another
Keep your promises
Be proud of each other
Be true to each other
Look after each other
Treat each other
Like you treat your friends
But most important
LOVE ONE ANOTHER
departly from the heart?

“Home Rules”
If you sleep on it... Make it up.
If you wear it... Hang it up.
If you drop it... Pick it up.
If you eat out of it... Put it in the sink.
If you step in it... Wipe it up.
If you open it... Close it.
If you empty it... Fill it up.
If it rings... Answer it.
If it howls... Feed it.
If it cries... Love it.
3. **Modeling effective, positive behavior**
   - Teaching and re-teaching the “one way” to do something
   - Anticipate the “What ifs…” and give the child strategies ~ creating a tool box

4. **Use encouraging and empowering language**
   - Notice and acknowledge appropriate behavior
   - Asking “Show me how…” or “What comes next?”
Proactive Strategies

5. **Use reflective techniques**
   - Debrief often
   - Use it as an opportunity to reinforce appropriate behavior or learn from the situation

Hmmmm....
At your tables...

Brainstorm together all of the proactive strategies you have or can put in place at home. Write these on your index card.

Examples:
- Create a checklist for getting ready in the morning
- Model how to clear the table
- Use times on the clock
### Getting ready for school

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Go to the toilet.</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Get dressed.</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Have breakfast.</td>
<td></td>
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<tr>
<td>4</td>
<td>Brush teeth.</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Brush hair.</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Pack bag.</td>
<td></td>
</tr>
</tbody>
</table>

### Getting ready for bed

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Go to the toilet.</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Brush teeth.</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Put on pyjamas.</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Read a book.</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Have a drink.</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Go to bed/sleep.</td>
<td></td>
</tr>
</tbody>
</table>
At your tables...

Brainstorm together all of the proactive strategies you have or can put in place at home.

Examples:
- Create a checklist for getting ready in the morning
- Model how to clear the table
- Use times on the clock
The Continuum of Positive Behavior

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**Ideally 90%**

**Reactive**
- Logical Consequences
  - Positive time out
  - You break it, you fix it
  - Apology of action
  - Loss of privilege

**Ideally 10%**
Share Out...

One proactive strategy you plan to try.

Questions or clarifications
Reactive Strategies…
Logical Consequences

Help children:
- Change behavior
- Develop internal controls
- Do better the next time

Create opportunities for children to learn that are:
- Related
- Respectful
- Reasonable
1. Positive time out ~

- Strategy to help children develop self-control while maintaining child’s dignity

- Not a punishment; used for the small moments to regain control

- Calm voice, few words

- Allows child time to refocus and re-enter the situation at when they are ready
2. Reparation ~ You break it, you fix it

- Gives opportunity to take responsibility by fixing the damage
- Matter-of-factly offer simple direction for the child to clean up the spilled milk, feed the pet, clear the mess, finish the homework etc…
- Parent does not solve the problem
Reactive Strategies…
Logical Consequences

3. Apology of action ~

- Making amends after hurting someone else (I am sorry is not enough)
- Calm the situation
- Reflect, communicate and plan
  - Sibling conference
- Examples ~ written apology, a way to make up for the hurt, plans for future
Reactive Strategies...
Logical Consequences

4. Loss of privilege

- **Purpose ~**
  - Teach responsibility
  - Learn to be reliable
  - Develop self-control

- **Natural ~** running out of time, getting hurt, etc…

- **Imposed ~** car, toy, extra-curricular activity, etc. . .
Use your index card from the beginning of the workshop ~

1. Choose a challenging situation you are currently struggling with at home.

2. Identify a logical consequence to help your child learn and change their behavior.

**Logical Consequences**
- Positive Time – Out
- You Break it – You Fix it
- Apology of Action
- Loss of Privilege
Share Out...

One reactive strategy you plan to try.

Questions or clarifications
The Continuum of Positive Behavior

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Great Reads & Resources!

- The Power of Our Words: Teacher Language That Helps Children Learn
- Yardsticks: Children in the Classroom Ages 4-14
- Positive Time-Out: And Over 50 Ways to Avoid Power Struggles in the Home and the Classroom
- How To Talk so Kids Can Learn: At Home and in School
Download Today’s Presentation & Resources:
- Go to www.sbschools.org
- On the drop down menu on the left ~
  - Scroll on General Information
  - Then scroll to Partnerships
  - Then scroll to Parent Academy
  - Click on the presentation title.

Save the Date!
- Oct. 30th ~
  
  Communicating with Your Child’s Teacher.