



Parent & Guardian Tips for Supporting Positive Behavior

Parents and Guardians are partners in children's education. As you are the most important person(s) and one of the strongest influences on the behavior of your child, both at home and at school. We want to work together to ensure that your child's experience is one that is positive. Here you will find some tips for supporting behavior at home:

1. Become familiar with the expectations of your child's school, following school recommendations will provide increased predictability to your child for both home and school.
2. Involve your child in creating behavior expectations at home. Providing clarity around behaviors gives students a sense of power and ownership about this process. Be clear about expectations and include rewards and consequences. Expectations should be simple, age-appropriate, and clearly explained.
3. Continue to foster positive behaviors at home by monitoring what they see, hear, and are exposed to. Children and youth imitate the behaviors they see and hear. Foster positive ways to handle difficult situations and promote positive language during interactions. You are a powerful role model.
4. Help your child set appropriate limits for their behavior. You can do this by asking questions and remaining curious about what they say, hear, and express. Keeping consistency and predictability supports young people make better decisions.
5. Use the positive approach to addressing inappropriate behaviors is critical. Parents can provide positive language to inappropriate behaviors by saying: **"do this"** instead of **"don't do that:"**
6. Help your child develop a network of trusted adults. The power of having positive relationships with others provides students a sense of safety, positive attachment, and belonging.
7. Remain curious about your child's behavior, even when this behavior is unexpected or inappropriate. Try to observe what happened before, during, and after your child had difficulty handling strong emotions. Paying attention to and observing these behaviors can give you the time to assess the meaning and possible cause of these interactions.
8. Provide your child with ways to express their emotions by enriching their vocabulary. Having more words to identify emotions helps students understand what is happening and how they can best reach when upset. Young children may have a limited amount of words to describe their feelings, for example: they may say they are angry, happy or sad. Providing students with opportunities to understand other emotions such as: frustration, anxiety boredom, tiredness, and other feelings will help them identify possible solutions.
9. Continue to foster positive interactions, especially when having difficult conversations, You are a powerful influencer in your child's life and remaining calm when things feel out of control will provide your child with a sense of safety and self control.



10. You can teach your children to resolve problems by exercising attentive listening skills, honest communication, providing suggestions for solutions, and/or practicing and modeling patience. These skills can be learned and promote resilience.
11. Foster skills that highlight the value of persistence when something gets hard, determination to get challenges resolved and the willingness to problem solve in collaboration.
12. Highlight the importance of language and our words as powerful ways to communicate with others and the value of choosing these carefully to build positive relationships with others.
13. Acknowledge your child's accomplishments, efforts, and improvements.
14. Keep open communication with your children. Meet your children's friends. Always know where your children are and who they are with.
15. Participate in your children's education. Help them with their homework, communicate with their teachers, and attend school functions (i.e. parent conferences, classroom programs, and PTA) as much as possible. Our schools want to hear from you and support you through your child's journey.
16. Ensure your child gets plenty of sleep. Children and youth who are rested are better able to problem solve, self-regulate and be self-aware.
17. Focus on developing daily routines. Children thrive in predictable settings, this predictability helps them gain clarity about their day and therefore supports them in understanding how to navigate changes. Help your child navigate the most challenging daily transitions by engaging in role playing about what is to come during the day and their reactions to these moments. Allowing students to imagine these transitions and allowing them to come up with solutions to anticipate routines provides them with strong self-regulation skills for most challenging times of the day, like mornings, after school, mealtimes and bedtimes.
18. Invest in one-on-one time with your children daily. By far, the best thing you can do to support your child's social and emotional skills is to spend time with them individually every day, giving them positive attention and enriching your emotional connection. These positive bonding opportunities increase your child's health and provide them with ways to connect with others in positive ways.