Use this resource to make a family plan for positive behavior at home. Start by reading “Supporting Families with PBIS at Home.” Meet with your family and make your own plan in three simple steps:

1. **Set Routines:** Make a family schedule. Routines are activities that we do every day as a family, such as getting ready in the morning. Make a list of things you do as a family in the order that you do them. You can change or replace the light blue text in the table to the right to make your own family schedule.

2. **Choose Expectations:** What you want to see. Expectations are short phrases or values that share what is important for your family, such as being kind to others.
   a. Choose a few positive **expectations** that work with your family schedule. If your school has expectations, you might use the same ones.
   b. **Make a table** with your expectations.
      i. Add your family **expectations** down the left side.
      ii. Add your family **routines** across the top (from your schedule).
      iii. Add **examples** to show what it looks, sounds, and feels like to follow your family expectations in each routine.

You can change or replace the light blue text to make your own home expectations table below.

### Expectations

<table>
<thead>
<tr>
<th>Expectations</th>
<th>Get ready in the Morning</th>
<th>Remote Instruction</th>
<th>Complete Homework</th>
<th>...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Kind to self</td>
<td>• Brush your teeth</td>
<td>• Set up a quiet</td>
<td>• Do your best</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Eat a healthy breakfast</td>
<td>learning space with</td>
<td>• Ask for help if you</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>materials you need</td>
<td>need it</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Stay focused</td>
<td>• Turn your homework in</td>
<td></td>
</tr>
<tr>
<td>2. Kind to others</td>
<td>• Use kind words with your</td>
<td>• Actively listen</td>
<td>• Stay in your own space</td>
<td></td>
</tr>
<tr>
<td></td>
<td>family</td>
<td>• Mute yourself when</td>
<td>• Use headphones or</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Ask your family members if they need help</td>
<td>not talking</td>
<td>turn speakers off</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Take turns when working in</td>
<td>• Use kind words when</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>groups</td>
<td>someone helps you</td>
<td></td>
</tr>
<tr>
<td>3. Kind to our home</td>
<td>• Clean up your dishes after you eat breakfast</td>
<td>• Put your supplies away after learning</td>
<td>• Put your supplies away</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Help put any items away</td>
<td>• Keep your working area clean</td>
<td>• Turn technology off and charge for tomorrow</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Center on PBIS (2020, August). *Family Plan for Positive Behavior at Home Template.*
(Content within template adapted by family.)
3. **Teach, remind, reward, and respond to encourage positive behavior**

Remember when your children were younger? You likely taught them how to eat, drink, communicate, and many other important skills. You can use a similar approach to teach your family schedule and expectations.

The table below shares a way to teach and encourage the behaviors you want to see.

<table>
<thead>
<tr>
<th>Teach</th>
<th>Remind</th>
<th>Reward</th>
<th>Respond</th>
</tr>
</thead>
</table>
| • **Discuss:** Meet as a family to talk about the kinds of behaviors you want to see (i.e., examples in your table above) and the kinds of behaviors you do not want to see.  
  o Show: Act out what desired behaviors look like for the routine. For example, if you want them to clean up your dishes after eating breakfast, have them watch you pick up your dishes and put them in the sink.  
  o Practice: Have your family join you in acting out. Consider making this a fun family activity, such as recording it or creating TikTok videos.  
  o Watch: Have them show you the desired behavior—you’re done teaching when they can do it correctly.  
  • **Teach:** Use three steps to teach your children how to do the behaviors you want to see in each routine to be sure they know what it looks, sounds, and feels like to meet your family expectations.  
  o Show: Act out what desired behaviors look like for the routine. For example, if you want them to clean up your dishes after eating breakfast, have them watch you pick up your dishes and put them in the sink.  
  o Practice: Have your family join you in acting out. Consider making this a fun family activity, such as recording it or creating TikTok videos.  
  o Watch: Have them show you the desired behavior—you’re done teaching when they can do it correctly.  
| After you teach, **remind** your children to follow your home expectations (“Remember to clean up your dishes after breakfast.”) at the beginning of routines (before breakfast), especially when you start a new routine.  
  • **Reward** the behaviors you want to see. One of the best rewards is noticing that they followed family expectations and thanking them. (“Thank you for cleaning up your dishes. That was really kind!”)  
| When a member of your family makes a mistake (including you!), **respond** to help them get it right the next time.  
  o Remind: “I see dishes on the table. Remember to be kind to others and put your dishes in the sink.”  
  o Re-teach: If your child keeps making the same mistake, re-teach (show, practice, and watch again).  
  o Reward: “That was amazing! You put your dishes in the sink!”  
| The following table can help you plan out how to teach, remind, reward, and respond. You can change or replace the light blue text to make it your own.  

<table>
<thead>
<tr>
<th>Routine:</th>
<th>Expectation:</th>
<th>Teach</th>
<th>Remind</th>
<th>Reward</th>
<th>Respond</th>
</tr>
</thead>
</table>
| Choose 1 routine to start with and write it here | Choose 1 expectation to start with and write it here | • **Discuss:** Add main points for discussion  
  o Following the expectation looks like: Add your positive examples here (do these)  
  o Following the expectation does not look like: Add your negative examples here (NOT these)  
  • **Teach:**  
  o Show: Add your plan here  
  o Practice: Add your plan here  
  o Watch: Add your plan here | Before new or hard routines, remind children how to follow your home expectations  
  o Add 1-2 examples of how and when you will remind here | When your child engages in desired behavior, praise!  
  o Add 1-2 examples of how you will reward (praise) here | When your child makes a mistake:  
  o Remind: Add 1-2 examples of how and when you will let them know they made a mistake and remind what to do  
  o Re-teach: If your child keeps making the same mistake, re-teach (teach again).  
  o Reward: Add 1-2 examples of how you will reward (praise) when get it right the next time |

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