

Helping Your Family Thrive

A Practical Guide to Parenting with Positive Behavior Support



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Content Developed By Meme Heineman Ph.D. BCBA

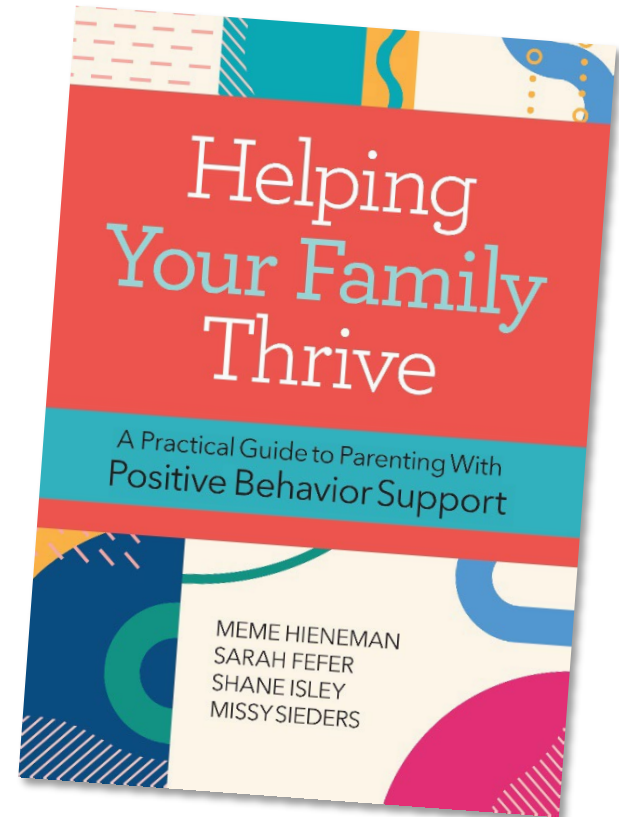
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Helping Your Family Thrive

- The new companion book to the bestselling parenting with PBS guidebook
- A proactive, whole-family approach to prevent challenging behaviors before they occur and ensure that the whole family thrives
- Parent workbook with downloadable fillable forms, practical exercises, worksheets, planning documents, and more

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We're giving away a FREE copy of

**Resolving Your Child's
Challenging Behavior**

and

**Helping Your Family
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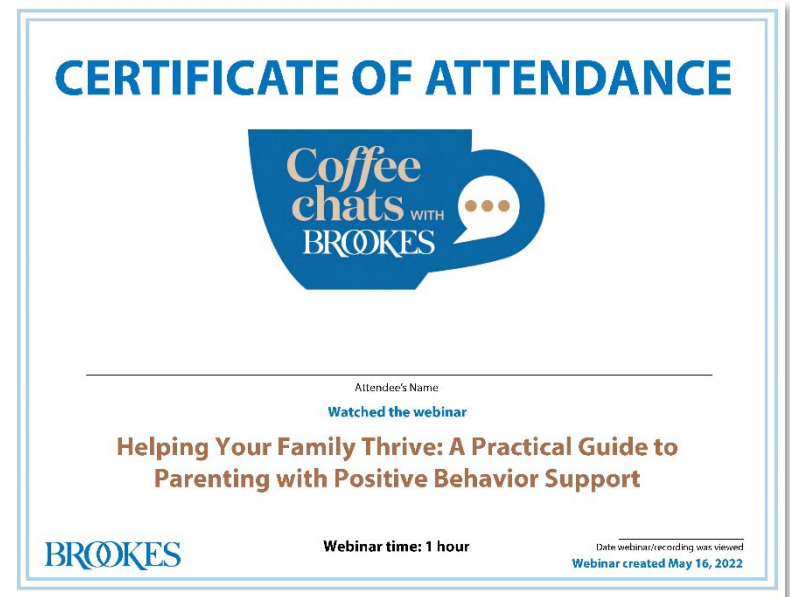
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Helping Your Family Thrive

A Practical Guide to Parenting with Positive Behavior Support



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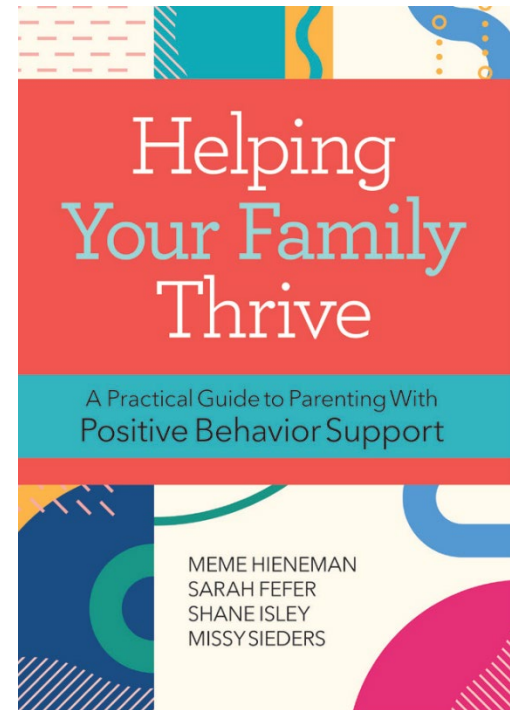
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Our Agenda

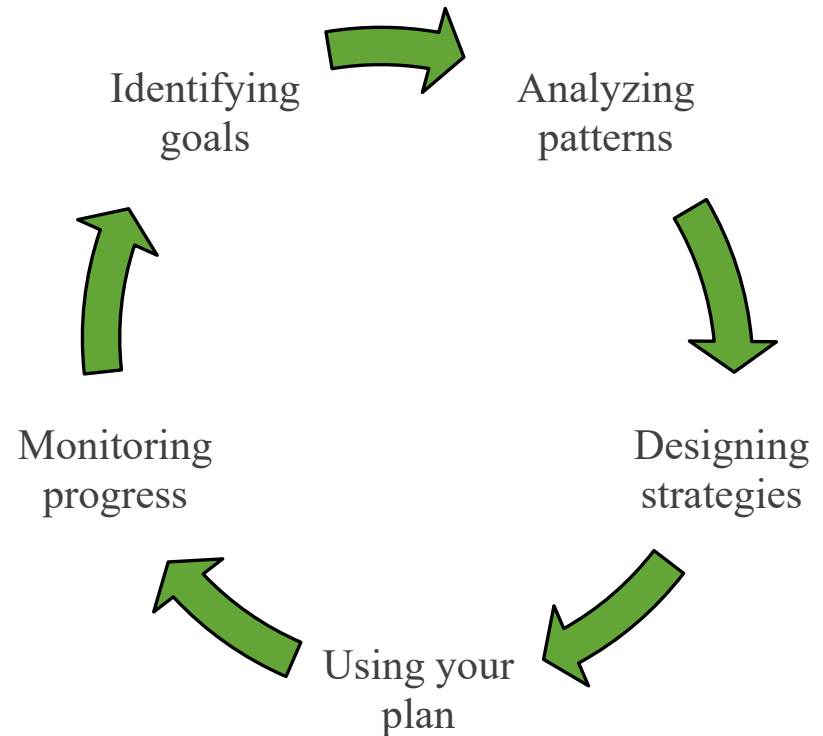
- What is Positive Behavior Support?
- Defining Expectations
- Developing the Plan
 - Organizing Space & Time
 - Teaching New Skills
- Using the Plan
- Questions



What is Positive Behavior Support?

Positive behavior support (PBS) may be best viewed as a framework and a process for understanding behavior, structuring our homes and interactions, and resolving behavior problems.

PBS is a set of research-based strategies used to increase the quality of life and decrease problem behavior by teaching new skills and making changes in a person's environment. This approach can be used in homes, schools, and community settings.



Cycle of the PBS process

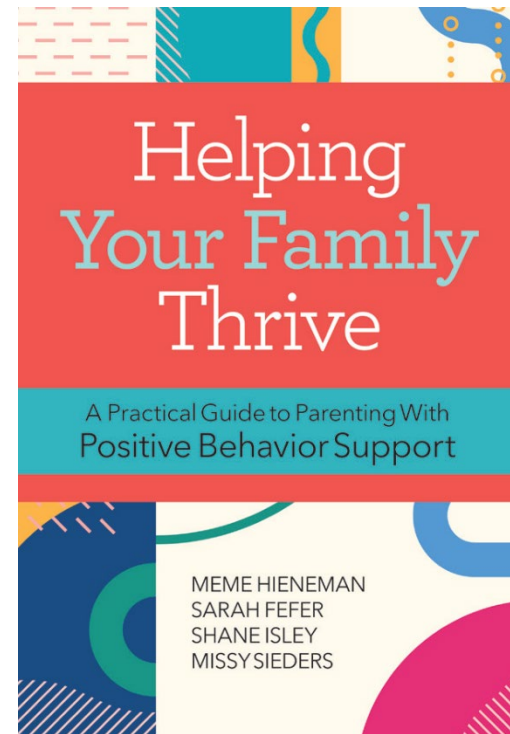
Elements of Effective Support

- Understanding Patterns
- Preventing Problems
- Teaching New Skills
- Responding Effectively
- Changing Lives
- Working Together



Goals of the Book

- Focus on the family context and the family unit as a whole
- Make PBS assessable to *all* families and professionals
- Describe a process that can be tailored to the unique values, circumstances, culture, and life experiences of each family



Introduction to the Sanchez Family

Multigenerational family with 2 young children



Strengths

- Strong and supportive relationships
- Enjoyable jobs with financial needs met
- Shared priority to care for family members
- Systems savvy
- Support from responsive Applied Behavior Analysis (ABA) providers
- All family members share a love of learning

Challenges

- Not enough time in the day
- Compromised and interrupted sleep
- Short fuses and meltdowns
- Need for lots of supervision
- Challenge with sharing and snatching/grabbing toys
- Less romance/couple time

Family PBS Self-Assessments: Establishing Goals

Family PBS Self-Check



Family PBS Self-Check

Family Name: _____ Member(s) Responding: _____ Date: _____

Please rate the degree that each the following are in place by checking the appropriate column.

Family Vision & Expectations	Not at all	Somewhat	Very Much	Notes
Shared values and goals				
Clear behavioral expectations				
Rules regarding misbehavior				
Household responsibilities				
Organization of Space & Time	Not at all	Somewhat	Very Much	Notes
Good household organization				
Shared family calendar				
Consistent daily routines				
Notice of schedule changes				
Time limits on activities				
Teaching and Basic Discipline	Not at all	Somewhat	Very Much	Notes
Explaining and modeling				
Praise for positive behavior				
Privileges linked to behavior				
Pre-planned consequences				
Respectful discipline methods				
Supporting Family Life	Not at all	Somewhat	Very Much	Notes
Open, clear communication				
General respect and kindness				
Effective problem resolution				
Strong, loving relationships				
Ability to manage stress				
Support of family and friends				
Full community participation				

Example: Sanchez Family PBS Self-Check

- **Family Vision & Expectations** – scored *somewhat* on all items, mainly on the same page, but expectations and rules are not always clear or understood by all.
- **Org. of Time & Space** – scored *very much* on items; a family strength. Some scheduling is outside of their control.
- **Teaching & Basic Discipline** – scored *somewhat/very much*; primary focus on Alex's Applied Behavior Analysis (ABA) services. A work in progress.
- **Supporting Family Life** – scored mostly *somewhat*; stress management is a crucial area of need. Community participation is challenging due to preference for two adults & conflicting schedules.

Defining Expectations

- Goal = family alignment
 - Get everyone on the same page
- Create an overall vision for your family
 - Values, beliefs, goals
- Specific behavioral expectations
 - What family members need to say or do to achieve that vision



Family Expectations

- Values and vision
 - Expectations
 - Specific behaviors
 - Responsibilities
 - Rules
 - Timelines
- *When you imagine the best possible family, what comes to mind?*
 - *What does everyone in the family need to do to realize our vision of success?*
 - *What behaviors may interfere with that vision?*

Sanchez Family Vision Statement

The Sanchez family is understanding, patient, and helpful towards all family members to remain positive when things are good *and* challenging.

Respect	Kindness	Empathy	Generosity	Honesty
Cooperation	Equality	Achievement	Responsibility	Openness
Integrity	Compassion	Curiosity	Gentility	Creativity
Productivity	Inclusion	Civic Duty	Courage	Perseverance
Patience	Enjoyment	Togetherness	Supportiveness	Faith
Forgiveness	Humility	Excellence	Assertiveness	Accountability
Helpfulness	Fairness	Independence	Community	Spirituality
Pitching In	Safety	Comfort	Positive climate	

Sanchez Family PAWs Expectations

Practice kindness

Act responsibly

Work together



Sanchez Family Responsibilities & Rules

Household Tasks	Family Member(s) Responsible
Grocery shopping	Roberto
Meal planning	Catherine
Cooking	Roberto (weekdays); Catherine (weekends)
Doing dishes	Roberto (am); Catherine (pm)
Cleaning up toys	Alex & Rachel

Family Rules:

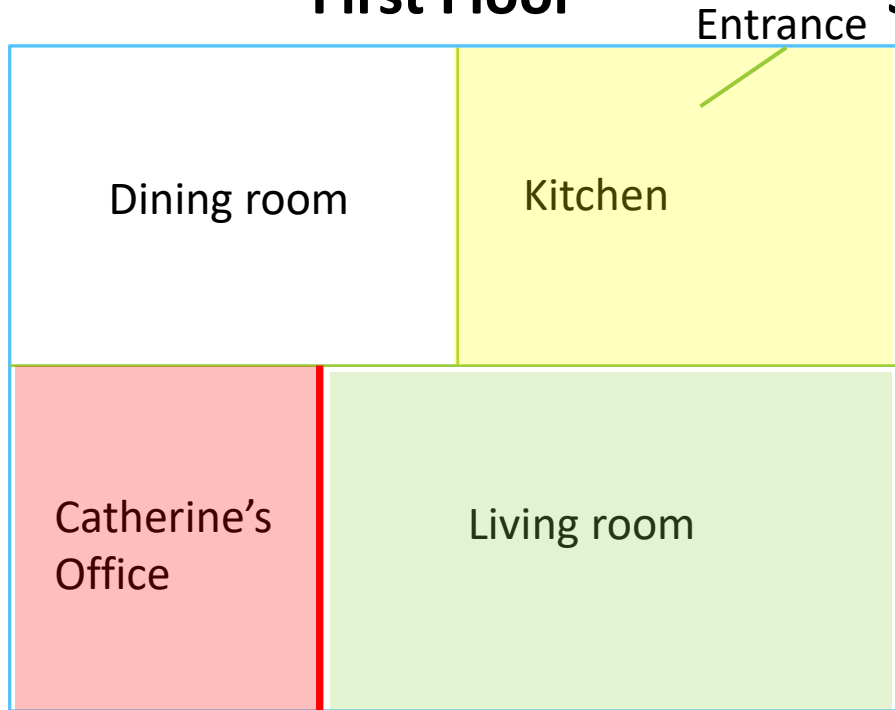
Before taking anyone's belongings or entering their rooms, you must have permission. If an argument erupts, an adult will remove the item until a resolution can be reached regarding who will have it.

Organizing Household Space

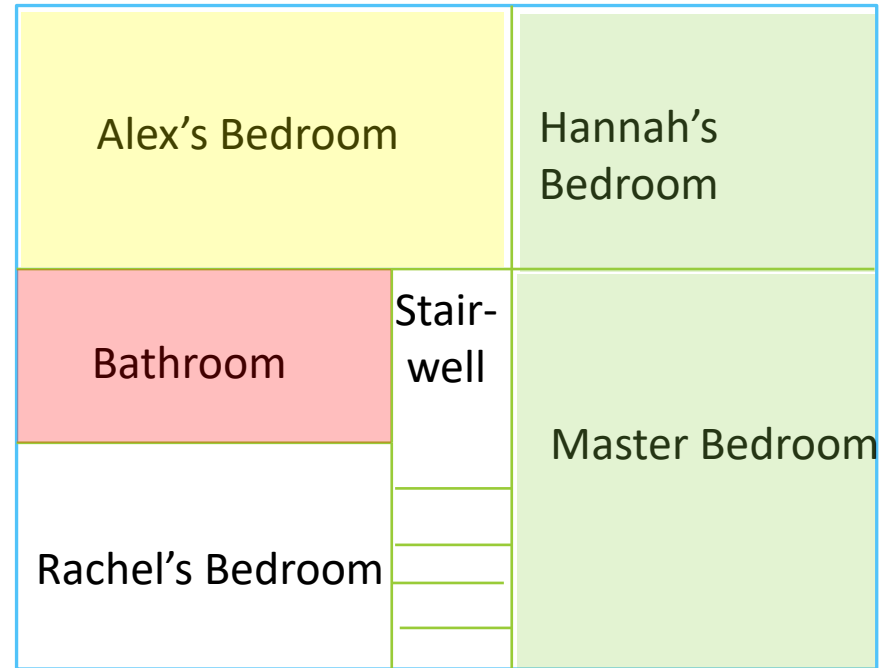
- In what ways does your environment support or interfere with the behavior you want to achieve?
 - Encourage productivity
 - Arrange appropriate supervision
 - Minimize distractions/disturbances
 - Provide comfort and access to needed items

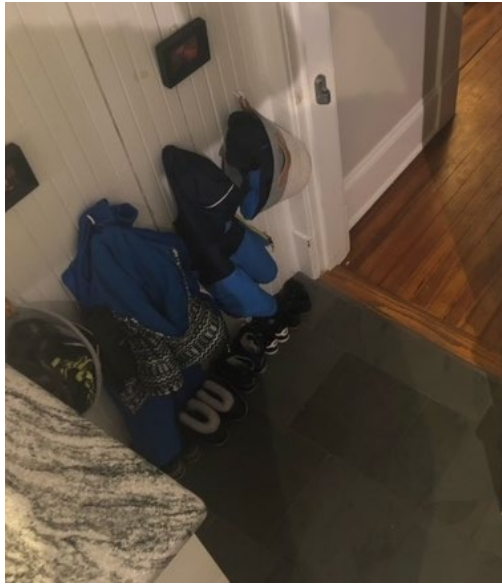
Sanchez Family – Floor Plan

First Floor



Second Floor





Organizing Household Time

Time	Mon (C work)
7	Wake up/get dressed
8	Breakfast
9 -3	School/daycare
4	ABA (A)
5	ABA (A)
6	Dinner
7	Bath
8	Bed

- Time: How is your time organized and what limits have been established for family members?
 - Priorities
 - Overall schedule
 - Timelines/limits
 - Daily routines

Prioritizing Activities

- Creating “things to do” lists
- Estimating time required
- Evaluating the importance
 - Have tos (meeting life demands)
 - Want tos (filling your bucket)
- Saying “No” or “Not now.”
- Delegating activities



Sanchez Family Routines

After dinner/bath time/bedtime was identified as the most challenging routine.

- Necessary to divide and conquer (bath and dinner clear up)
- Structured bath time: 10 min to wash, 10 min to play
- Enlist help from Catherine's sister
- Snacks and signage for upstairs bedrooms





Teaching New Skills

- Skills needed to meet expectations
- Methods for effective instruction
- Reinforcement for desired behavior
- Natural and logical consequences

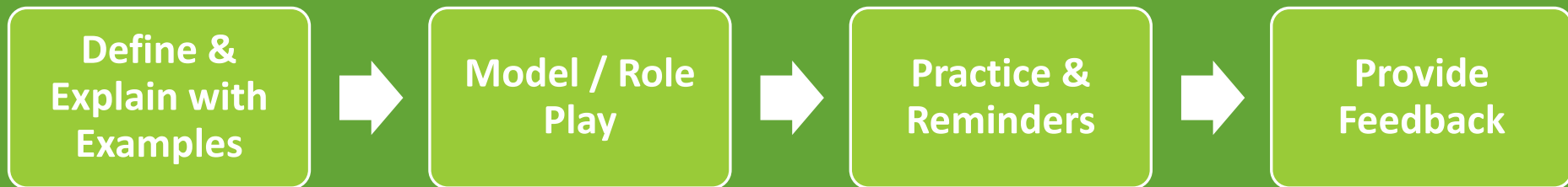
Common Skills That May Need To Be Taught

- Communication
- Social interaction
- Organization
- Daily living
- Problem-solving
- Self-management
- Leisure skills

“Does _____ know how to _____?”

First define and create specific examples, then break down further into steps or components (as needed)

Method to Teach New Skills



- Determine criteria for success
- The goal is to reduce support and improve independence over time

Sanchez Family Skill Development

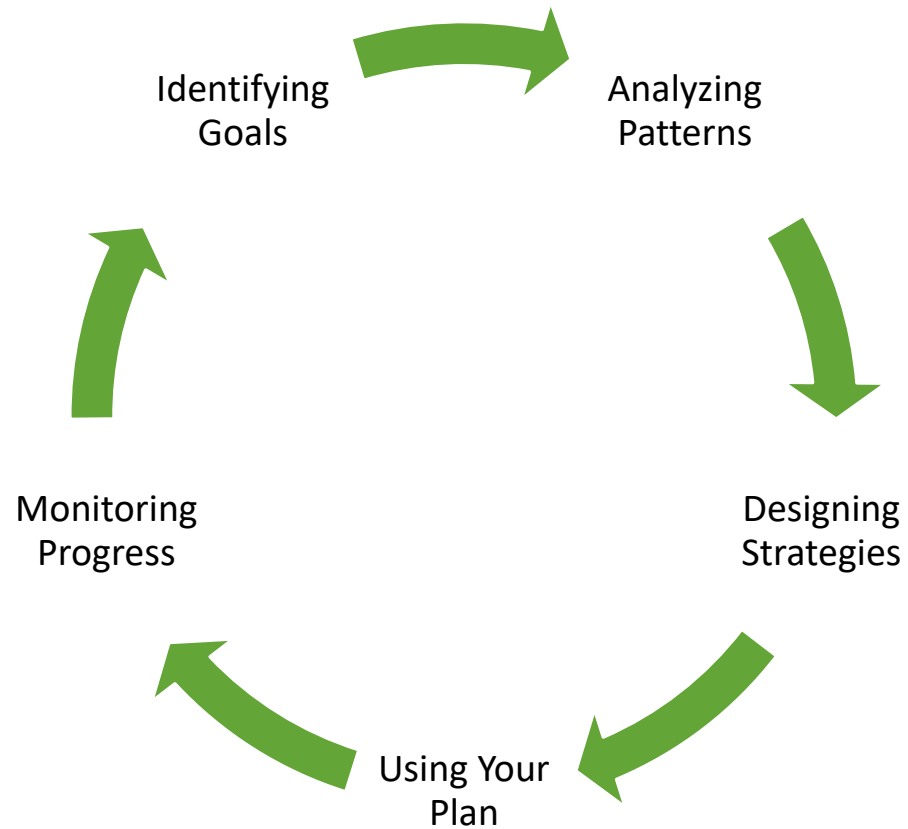
Self-Management Targeted for all 5 Family Members

Calm down tools

1. Count to three before responding
2. Take five deep breaths to relax
3. Request space from family members when needed (self time-out)

Perspective taking

1. Reminders to put self in their shoes
2. Use of emotion ID cards to guess how others are feelings (made into a game)
3. Prompt “*May I have _____?*” to ask permission to use others’ belongings



Using the Plan

Sanchez Family Using the Plan

- **Strengths/what's working:** more intentional with use of encouraging words and managing frustrations (including redistribution of household tasks). Less stressed too!
- **Changes/challenges:** improve timeline of notification of changes on the shared calendar (add a text between parents to ensure strong communication); shared bathroom continuous challenge.

Monitoring the Plan:

Sanchez Family Weekly Rating

	Never	Sometimes	Usually	Always
Family members complete their assigned chores (and homework) completely and correctly.	0	1	2	3
Family members listen and respond to instructions without delay or argument.	0	1	2	3
Family members respect one another's personal space and belongings.	0	1	2	3
Family members speak nicely and calmly with one another (e.g., no insults, name calling).	0	1	2	3
Family members use gentle hands when interacting (i.e., no physical aggression).	0	1	2	3
Family members respect timelines, curfews, and other established limits.	0	1	2	3
Other (personal behavioral goals for your family)	0	1	2	3

PBS Self-Check (Post)

Family Vision & Expectations	Not at all	Somewhat	Very Much
Shared values and goals			X
Clear behavioral expectations			X
Rules regarding misbehavior			X
Household responsibilities			X
Organization of Space & Time	Not at all	Somewhat	Very Much
Good household organization			X
Shared family calendar			X
Consistent daily routines			X
Notice of schedule changes		X	
Time limits on activities			X
Teaching and Basic Discipline	Not at all	Somewhat	Very Much
Explaining and modeling			X
Praise for positive behavior			X
Privileges linked to behavior		X	
Pre-planned consequences		X	
Respectful discipline methods			X
Supporting Family Life	Not at all	Somewhat	Very Much
Open, clear communication			X
General respect and kindness			X
Effective problem resolution		X	
Strong, loving relationships			X
Ability to manage stress		X	
Support of family and friends		X	
Full community participation			X

Sanchez Family: Making It Work



- Combined family-centered PBS with individualized ABA treatment, with help of service providers, to enhance family quality of life
- Prioritized community outings as a whole family, as well as division of household responsibilities
- Catherine acknowledging her own family history and her need to manage
- Importance of parent self-care & romance

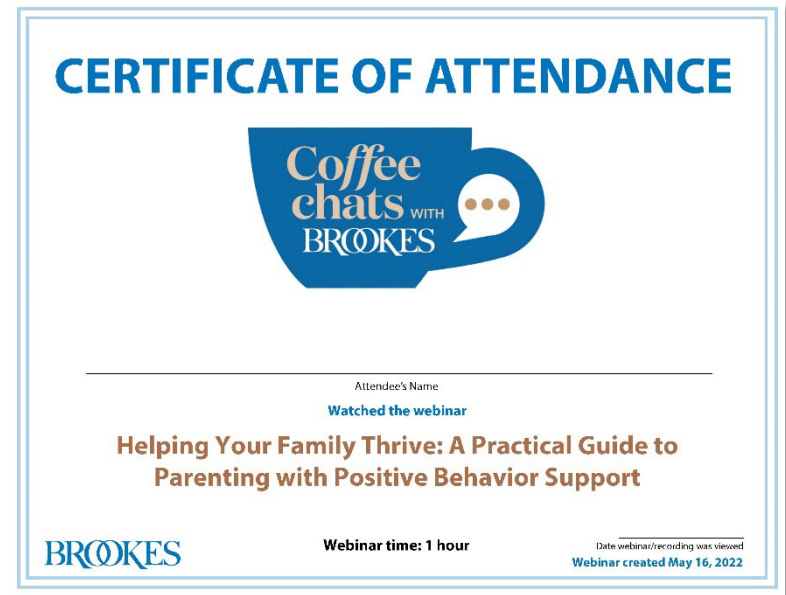
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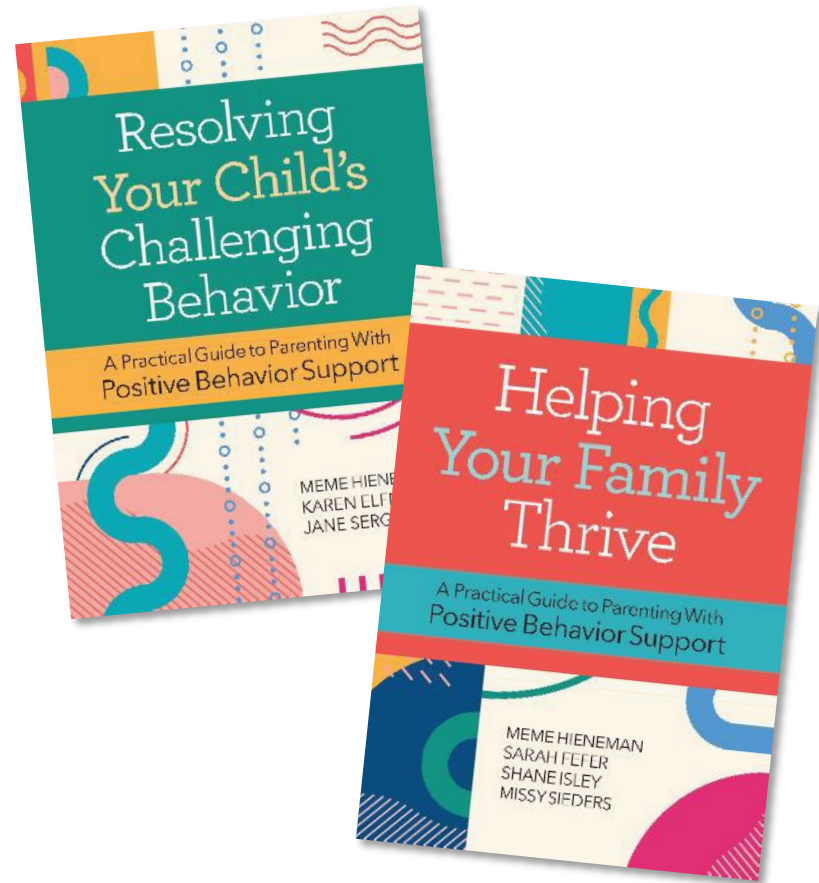
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