

School Wide Positive Behaviour Support at Home

Getting Set Up:

Create a Simple List of Rules

Focus on the most important behaviors by creating a short and straight-forward list of rules. Let the small stuff slide. If your child completes their homework and chores but forgets a dirty dish, focus on the accomplishments rather than the mistake. Perfection is an unrealistic expectation.

Use Praise

Praise your child for simple good behaviors that you would like them to continue. A simple "good job" or a smile can go a long way. If you're finding it hard to find behavior to praise, compliment your child for extended periods where they do not get into trouble.

Create a Reward System/Token Economy

Rewards are more effective than punishments to motivate a child to change their behavior. Reward systems can be as simple as a token for each day of the week a specific good behavior is completed, which can then be exchanged for a reward. Talk with your child to figure out what reward they want, and how many tokens it will cost.

See below for how to create a token economy at home.

Homework Hour

Set aside a time each school day for your child to complete homework. If there are no assignments for that evening, they can still spend the time studying or reading. This routine reduces the chance that your child will forget or avoid their homework.

Establish Structure

Children do their best when they know what to expect. Establish a routine for homework, meals, playing, bedtime, and preparing for school. For example, your child may learn to brush their teeth at a specified time, get a glass of water, and then lay out their clothes for the next day. You can use a reward system to begin establishing these routines.

Use Consequences Effectively

Consequences should be explained in advance, they should occur immediately after the unwanted behavior, and you must always follow through with your stated consequence. Time-out and the removal of privileges are effective. Be careful not to over-consequence - A consequence over a long duration, or that is applied at a later time reduces the effectiveness of consequences.

Creating a Token Economy:

1. Tokens can be awarded, but not taken away

If your child earns a token on Monday for doing good work, that token can not be taken away on Wednesday for not doing a good job. Tokens cannot be taken away as a consequence.

2. Clearly define goals or behaviours

Be clear with your child about what they have to do to earn a token. It may be to demonstrate school values at home during their work time, or following their daily schedule.

3. Choose a couple of things to reward at a time

Define one or two key behaviours that your child can earn rewards for. It may be one week to demonstrate the school value of 'Respect', and the next week you may include to attend all of their class Webex Conferences.

4. Do what you say

When offering a token, you must follow through. Be careful not to use tokens as bribes.

5. Collaborate

Involve your child in their token economy, and what they are earning tokens for. This will increase the likelihood that they will engage in the desired actions and behaviour and achieve earning tokens more consistently.

6. Give it time

Behaviour does not change overnight. It takes time to adjust to a new routine, schedule, and expectations. Stick with it and be consistent.

See below for an example token economy and a template token economy to use at home.

Token Economy Example

Reward	Tokens Required
Access to Technology (15min)	5 Tokens
Stay Up Late on the Weekend	10 Tokens
Edible Reward (e.g. chocolate)	20 Tokens
Access to Technology (30min)	30 Tokens
Movie with Popcorns	40 Tokens
New Toy	50 Tokens

Example:

Task	Tokens Earned
Put the dishes away	1 Tokens
Take the bins out	2 Tokens
Set the table	3 Tokens
Hang out the washing Bring in the washing Fold the washing	4 Tokens
Meal preparation (help parent)	5 Tokens
Vacuum/Mop floors	5 Tokens



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Token Economy Template

Reward	Tokens Required
	5 Tokens
	10 Tokens
	20 Tokens
	30 Tokens
	40 Tokens
	50 Tokens

Template:



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Template:

Task	Tokens Earned
	1 Tokens
	2 Tokens
	3 Tokens
	4 Tokens
	5 Tokens
	5 Tokens