



CHAMPion Students at Home

How to positively and
productively manage your
kids at home



WELCOME!



- School-wide Positive Behavior Interventions & Supports (**PBIS**)
- **CHAMPS** Classroom Management Strategies by Dr. Randy Sprick



1. Structure

How am I going to do this?

Non-negotiables

- Adult work time
- School work
- Chores
- Dinner together

Add ons:

- Screen time
- Individual time
- Exercise
- Family fun
- Pre-approved activities



1. Structure

TODAY	Jose	Maria	Mom	Dad
7:00-8:00			Wake up Adult work	Wake up
8:00-9:00	Wake up Breakfast Chores	Wake up Breakfast Chores		Assist kids
9:00-10:00	Math	Independent Reading	Math	At work
10:00-11:00	Independent Reading	Math	Math	
11:00- 11:30	Screen time	Trampoline	Adult work	
11:30-12:00	Science	Science		
12:00-12:30	Lunch	Lunch	Lunch	





1. Structure

How long should my child be working on school work during the day?

Grade Level	Block of time	# of blocks per day
K - Grade 2	15 – 20 minutes	2 – 3 working up to 4 - 5
Grade 3 - 5	20 – 30 minutes	2 – 3 working up to 4 - 5
Middle + High School	45 – 60 minutes	4 – 5 working up to 6 - 7





1. Structure

Organization:

- have a “school” set up or location in the house where only school work is done



- minimize distractions during school time:



- turn off the tv
- “close” the kitchen
- face children away from windows
- shut doors

- create a “quiet time” to not distract siblings



2. Expectations

Honest

Responsible

Smart

Kind

Loyal

Persevering

Polite

Respectful

Self-directed

Self-disciplined

Thoughtful

Self-motivated

Compassionate

Grateful

Creative

Flexible

Forgiving

Ethical

Honest

Humble

Strong

Joyful

Independent

Flexible





2. Expectations

The GARDNERS are:

- Honest
- Kind
- Independent

“Remember Kelly, we act independently in this family. Please go back to your table and complete that page.”





3. Rules

House Rules:

1. Keep your hands and feet to yourself
2. Use only polite language
3. Leave other people's things alone
4. Follow adult directions the first time





4. Consequences

For minor misbehaviors:

- pre-teach common problems
- Reinforce what you want to see
- calm reminder of expectations
 - verbal
 - gestural
- private discussion
 - talk about specific unacceptable behavior, not label
 - lead them to the solution
 - acknowledge positive behavior change





4. Consequences

For chronic misbehaviors or rule breaking:

➤ Time out

“You need to go to the dining room and sit. Come back when you are calm and ready to get back to work.”

➤ Time owed

“You need to complete this task in 10 minutes. Any time it takes you after that will be removed from your daily screen time.”

➤ Loss of privileges

“Because you broke our house rule of keeping your hands to yourself, you will not be able to play in the backyard today.”





4. Consequences

For moderate misbehaviors or rule breaking

1. Always start with empathy or understanding
2. State the expectation or rule that the child broke
3. Tell them what their consequence is going to be
4. Clarify their understanding and teach appropriate behavior
5. Implement the consequence

I know that you are frustrated with the school work...

When you hit the keyboard, it is not kind to our belongings...

You are going to sit out of family fun for 5 minutes today...

Tell me what you will do differently next time you are frustrated...

Follow through consistently



5. Motivation

Reinforce kids for following expectations and rules, using:

- activities
- praise
- items
- social time and attention
- privileges



Granny's Rule

If...

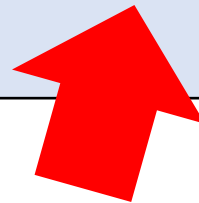


then.....



5. Motivation

Social	Activity	Item	Escape	Sensory
Time with siblings	Art, dance, painting, screen time	Favorite toy	10 minute "OFF" ticket	Music
Time with adults in home	Cooking with parent	Food item	Reduced number of questions/work	Squishy ball, stress toys, plush toys
Virtual time with friends	Board games, cards	Token economy	10 minute "My Choice" ticket	Time with pet





5. Motivation

Provide a high ratio of positive interactions

Any comment that thanks or recognizes positive behavior

3:1

Any comment that redirects negative behavior

“You finished all your work today! That is very independent!”

“Please come back over to the table and finish your spelling.”

“That was so kind to help your sister get dressed this morning.”

“You need to get up for school, I’ve called you three times!”





6. Engagement

- Reach out to your child's teacher often
- Teach active learning: math manipulative, games, role playing, skits, movement, talking singing, dance, painting, building, etc.
- Help them connect with friends and family members online
- Have at least one meal together
- Put a limit on screen time
- Connect with church, sports organizations, or other social clubs
- Make cooperative projects, chores, meals
- Play board games, puzzles
- Have special individual time with each child





Final Thoughts....

1. Provide **structure**
2. Develop home **expectations**
3. List house **rules**
4. Use **consequences** calmly and consistently
5. Encourage and **reinforce** positive behaviors
6. **Engage** children

- More resources, tips, and materials will be coming from our department
- For more from Dr. Sprick, contact safeandcivilschools.com



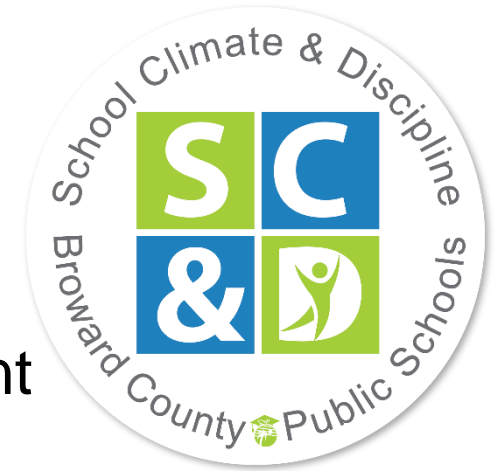


Questions?

For more information,

Call:

The School Climate & Discipline Department
Lauderdale Manors Resource Center
(754) 321-1655



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