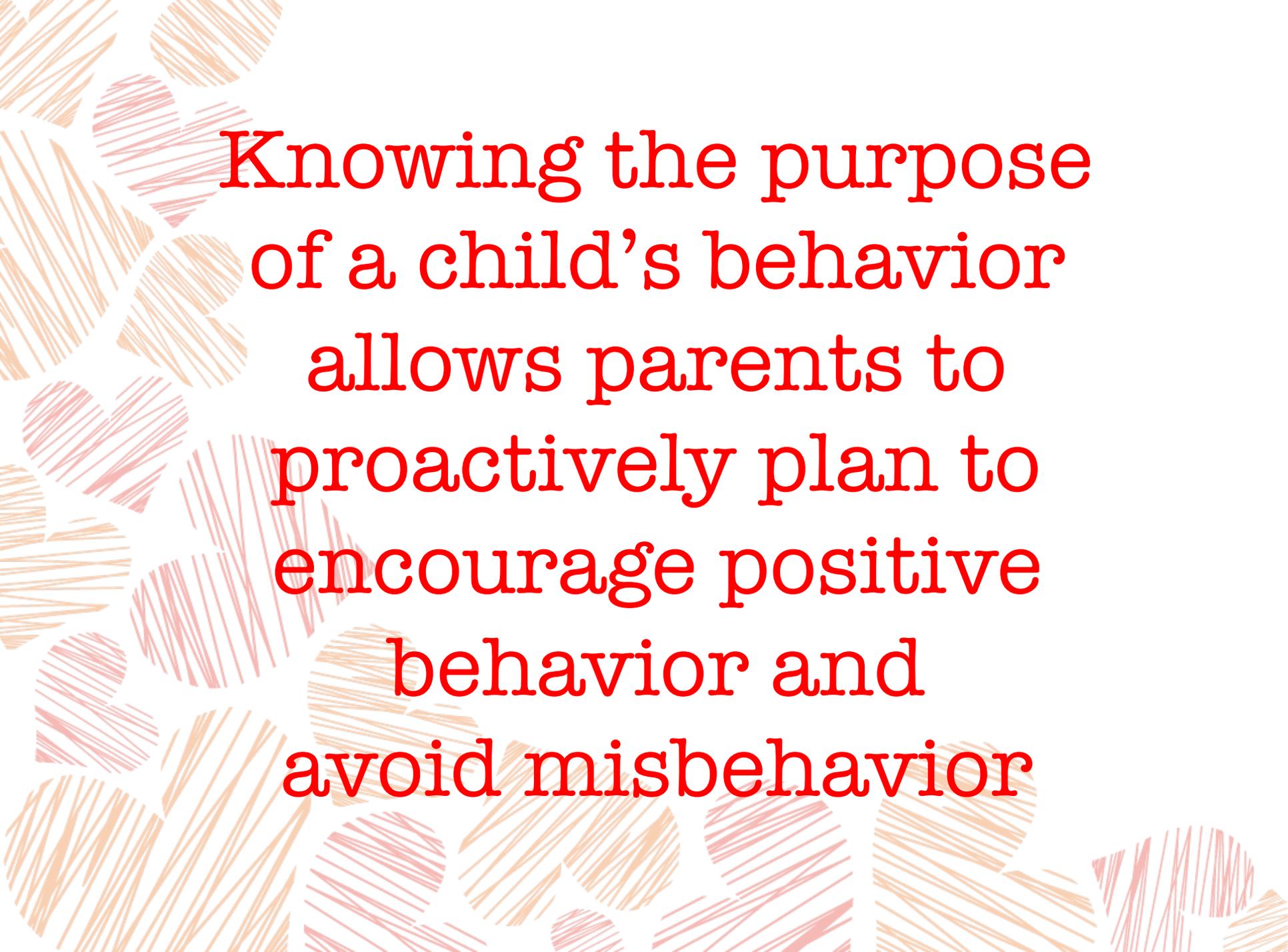


Building Positive Behaviors

Ali'iolani
Elementary
School

Parent
Learning
Series #2

11/21/19



Knowing the purpose
of a child's behavior
allows parents to
proactively plan to
encourage positive
behavior and
avoid misbehavior

10 Possible Reasons Behind Behavior

1. Unmet Needs

(i.e. feeling tired, hungry, or ill)

2. Attention

3. Avoidance

4. Testing Limits

5. Independence

6. Copying Others

7. Lack Skills/Lack Control of Emotions

8. Misbehavior is Effective

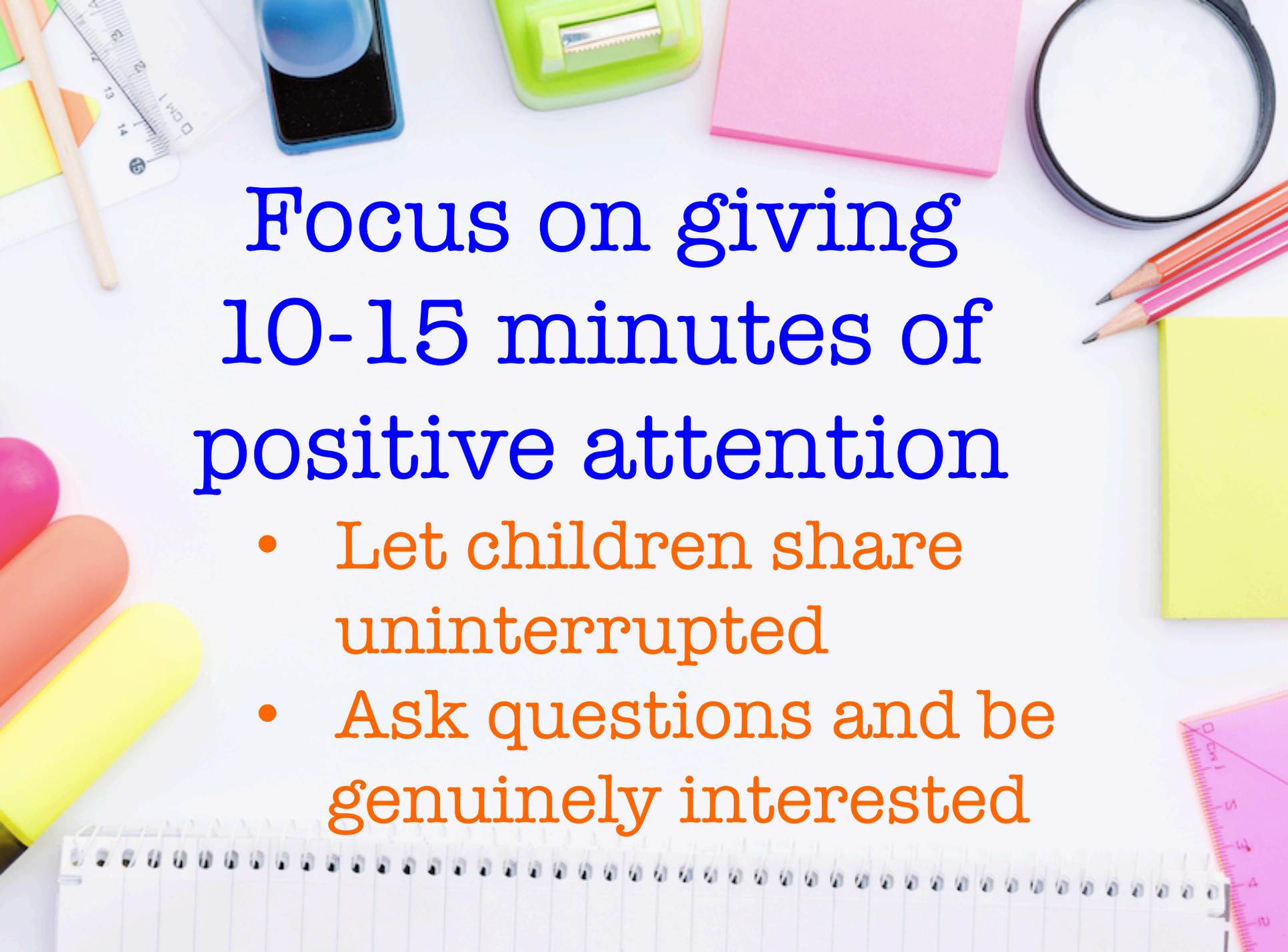
9. Power and Control

10. Underlying Health Issues (i.e. ADHD)

**INVEST in 10-15
MINUTES of 1-
on-1 TIME DAILY**

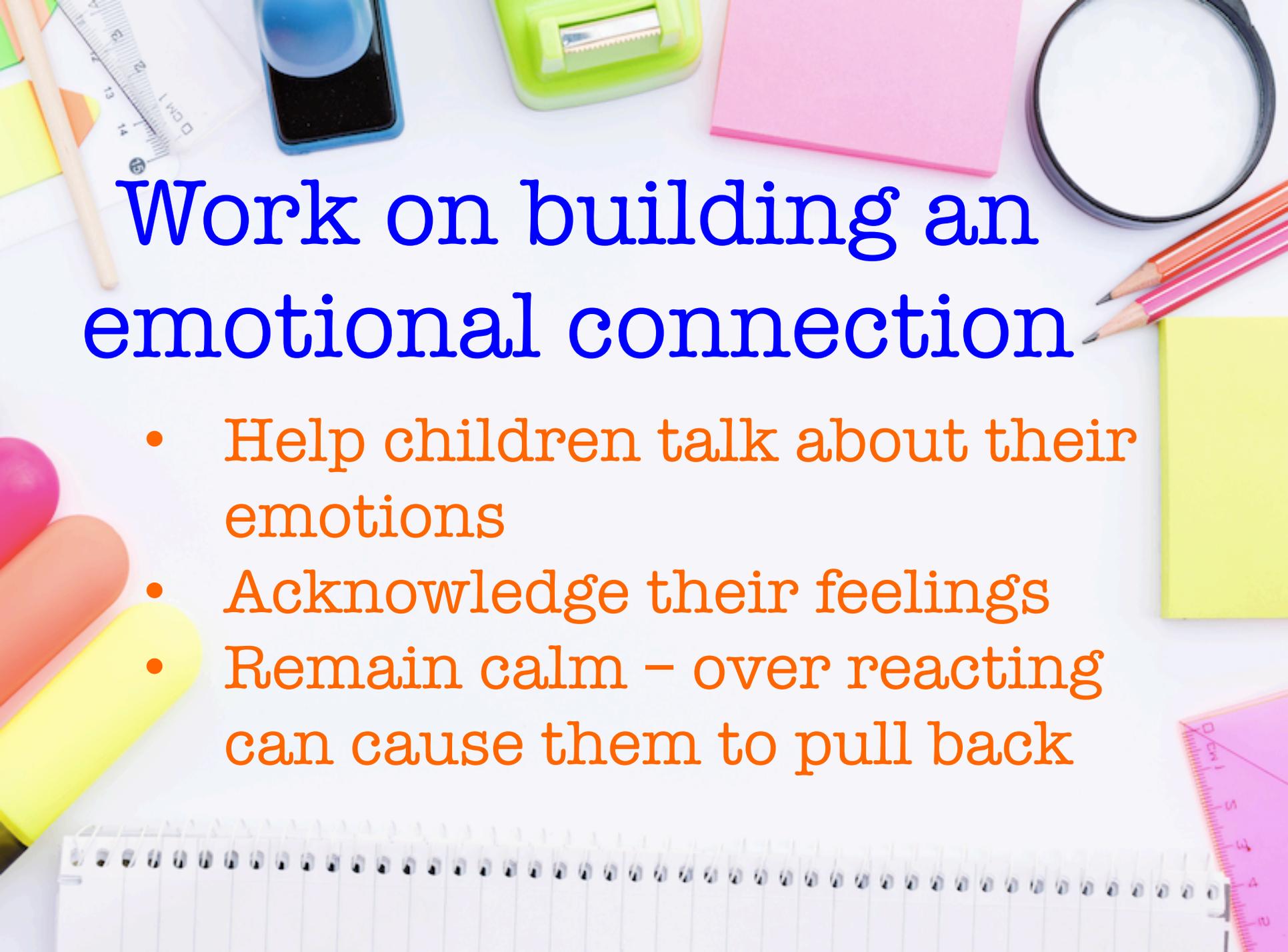


To be able to sow
positive into your
children, you
must first establish
love and respect

A top-down view of various school supplies scattered on a white surface. In the top left, there's a wooden pencil, a white ruler with black markings, and a blue eraser. To the right of the eraser is a green sharpener. Further right is a pink sticky note. In the top right corner, there's a magnifying glass with a black frame. Below it are two pencils, one orange and one pink. To the right of the pencils is a yellow sticky note. In the bottom right corner, there's a pink ruler. At the bottom of the image, the spiral binding of a white notebook is visible.

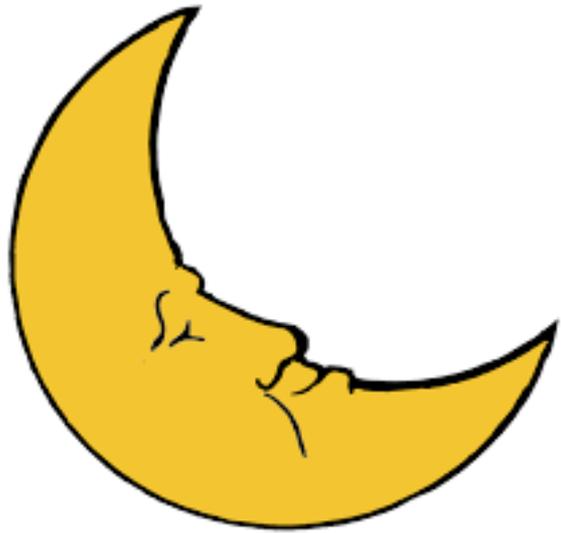
Focus on giving 10-15 minutes of positive attention

- Let children share uninterrupted
- Ask questions and be genuinely interested



Work on building an emotional connection

- Help children talk about their emotions
- Acknowledge their feelings
- Remain calm – over reacting can cause them to pull back



GET SERIOUS
ABOUT
GETTING
ENOUGH SLEEP

9 - 12 hours
every 24 hour period
for children aged 6 to 12 years old



The CDC endorses this
recommendation by the
American Academy of
Sleep Medicine

Calculate bedtime by counting backwards

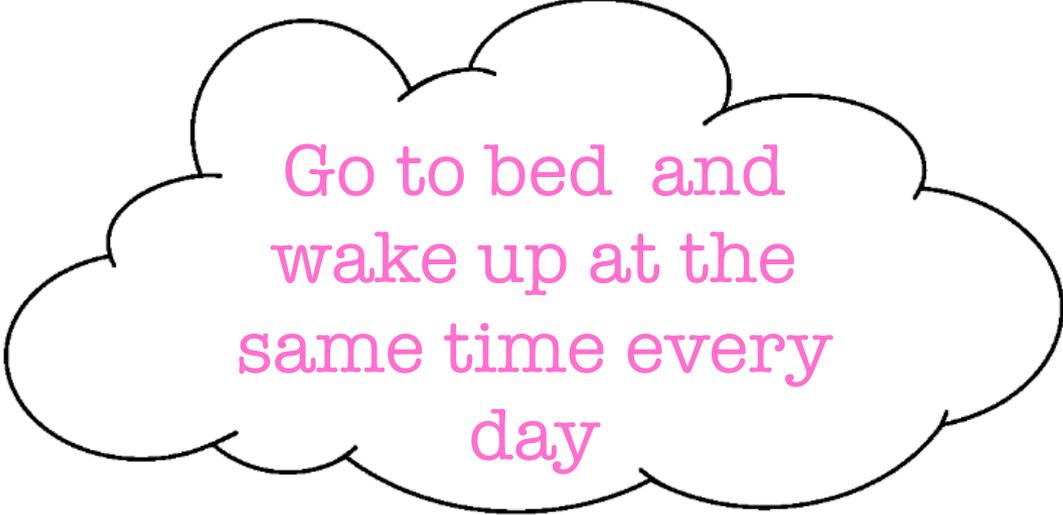
If wake-up time is
6:30 a.m., count
backwards
10 hours



Bedtime should
be no later
than
8:30 p.m.



Tips for Better Sleep



Go to bed and
wake up at the
same time every
day

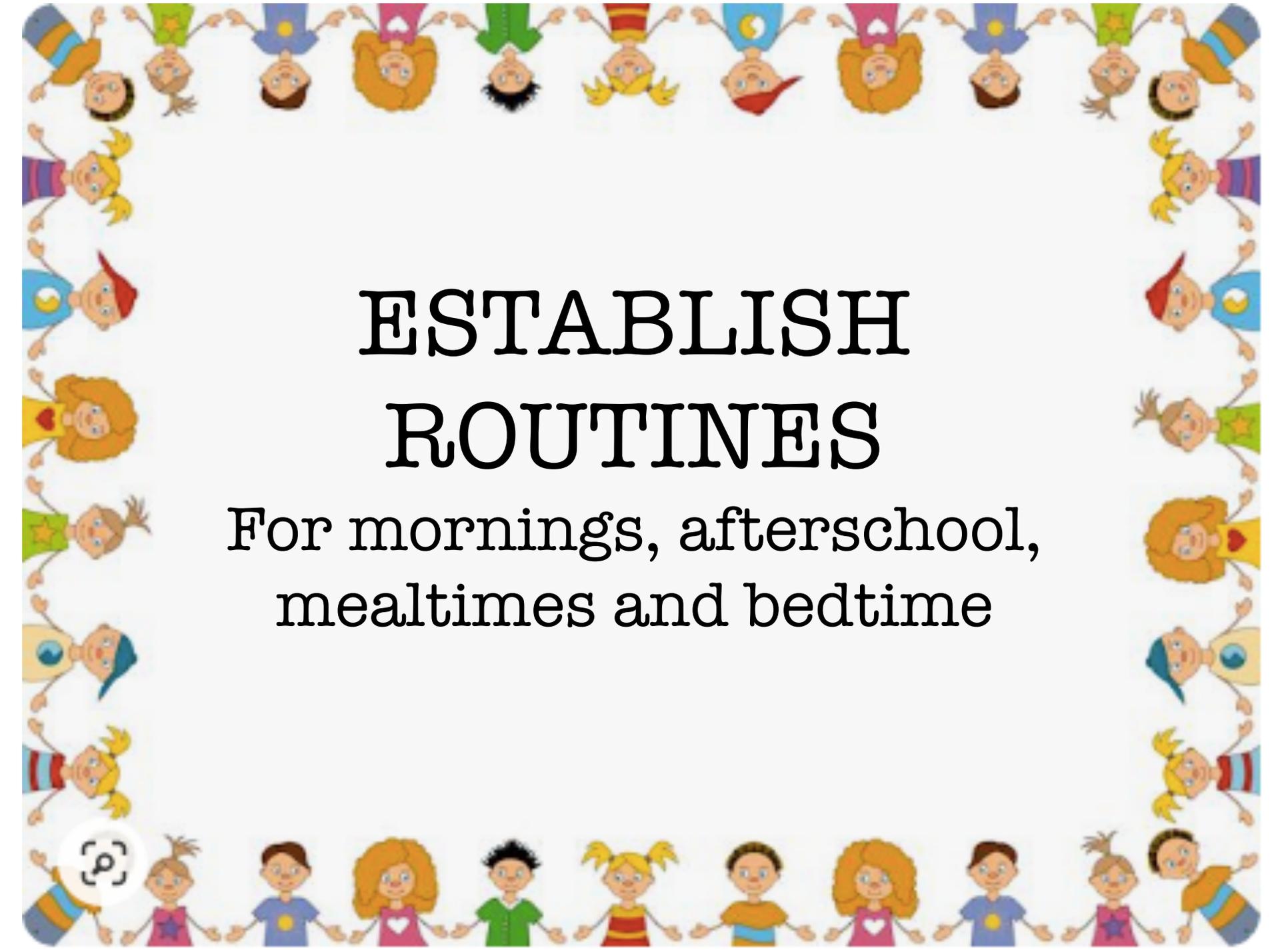


Encourage physical
activity



Remove
electronics from
the bedroom





ESTABLISH ROUTINES

For mornings, afterschool,
mealtimes and bedtime

Allow your child to have input when creating your routines so there is ownership and agreement



Stick to the routines so the routines become the rule

HAVE
EVERYONE
PITCH IN TO
RUN THE
HOUSEHOLD





Teach children that family members need to make contributions and they have a role in your home running smoothly



Everyone doing their part
creates a sense of cooperation and
empowers young ones
to feel capable



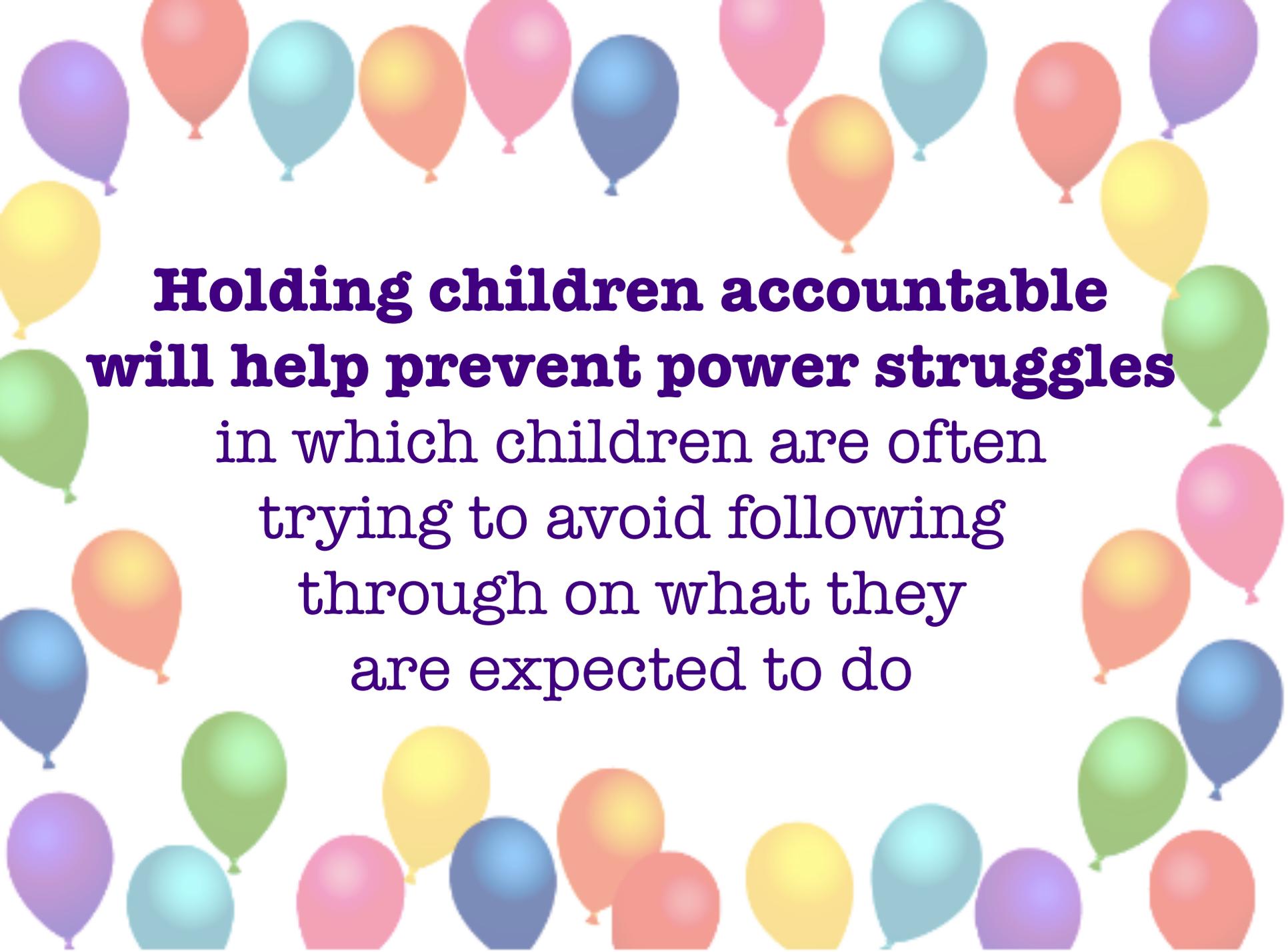
When assigning responsibilities:

- Determine consequences



- Follow through with consequences if responsibilities are not carried out





**Holding children accountable
will help prevent power struggles**
in which children are often
trying to avoid following
through on what they
are expected to do



**ENCOURAGE
CHILDREN
TO BE PROBLEM
SOLVERS**



Consider providing guiding questions rather than solutions

Help them learn to self-advocate

As children are successful at solving problems, it helps raise their self-esteem and be more self-directed

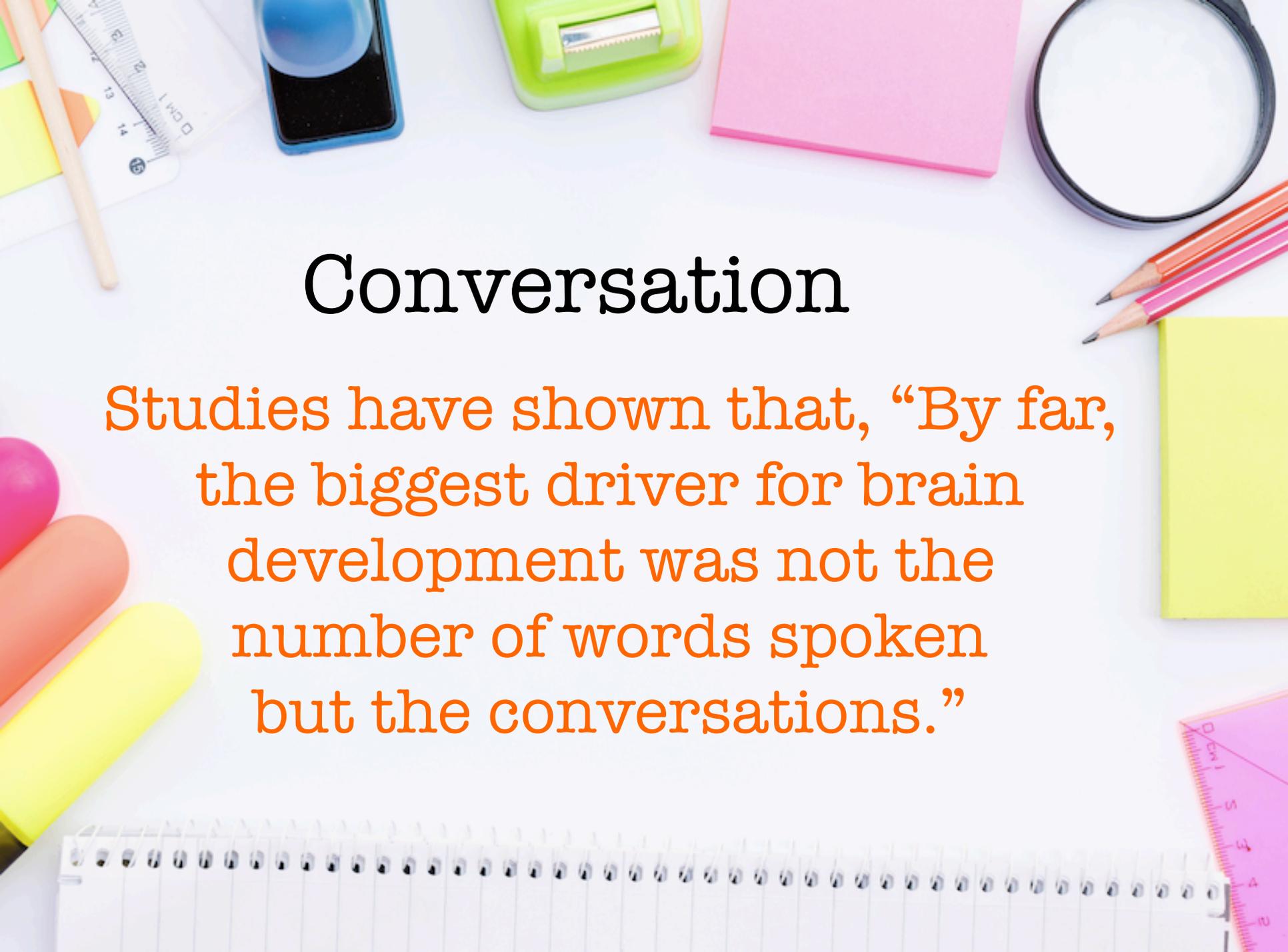


CONTROL THE SOURCES OF THE INPUT THEY ARE GETTING



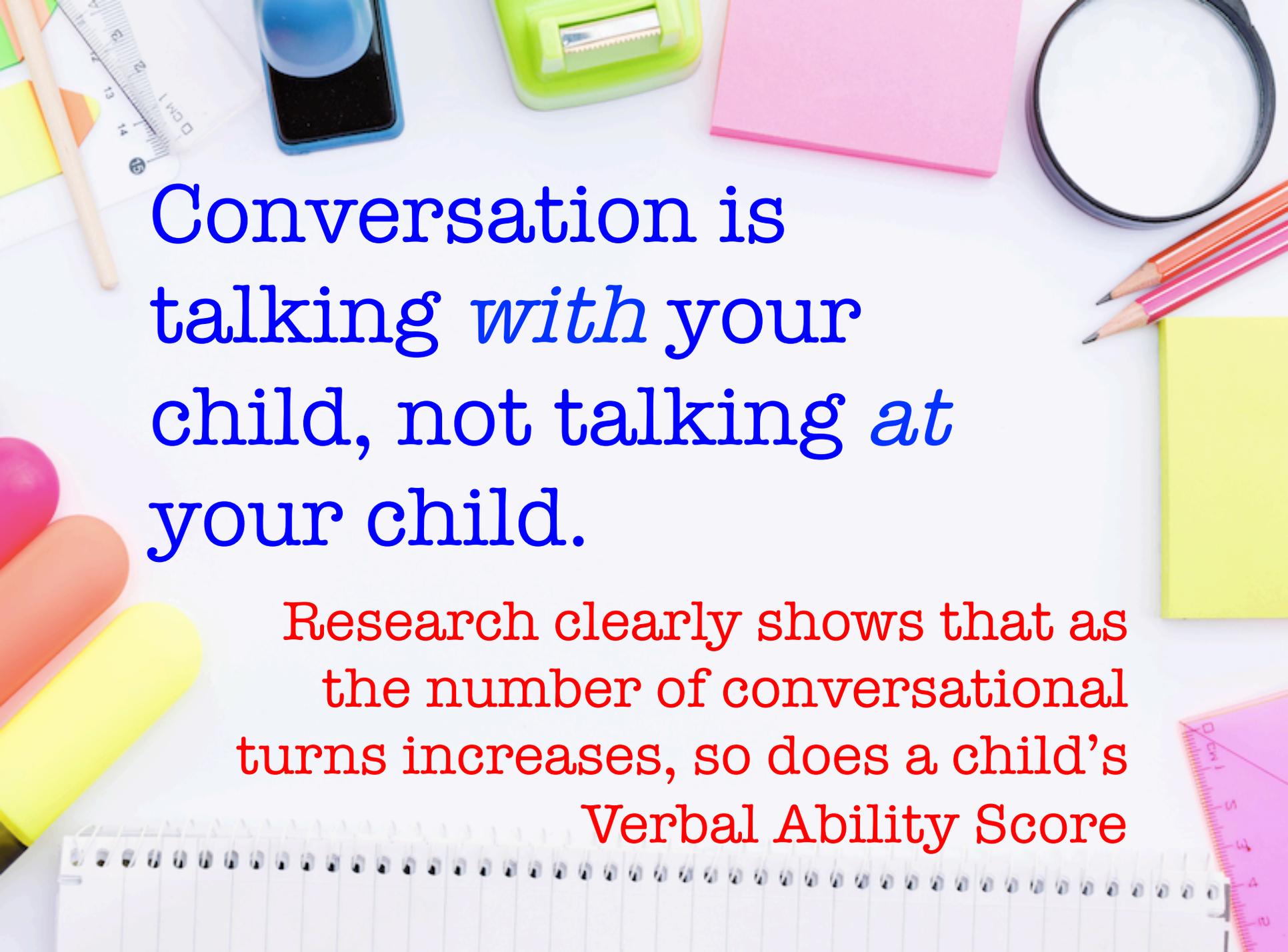
(Focus on human interactions)



A top-down view of various school supplies scattered on a white surface. In the top left, there's a wooden pencil, a yellow eraser, and a white ruler with black markings. Next to it is a blue highlighter. In the top center, a green pencil sharpener is visible. To the right, there's a pink sticky note and a magnifying glass with a black frame. Below the magnifying glass are two pencils, one orange and one pink. In the bottom right corner, a pink ruler is partially visible. At the bottom of the image, the spiral binding of a white notebook is seen.

Conversation

Studies have shown that, “By far, the biggest driver for brain development was not the number of words spoken but the conversations.”



Conversation is
talking *with* your
child, not talking *at*
your child.

Research clearly shows that as
the number of conversational
turns increases, so does a child's
Verbal Ability Score

Reading



Reading aloud to your child helps develop visualization, language and listening skills

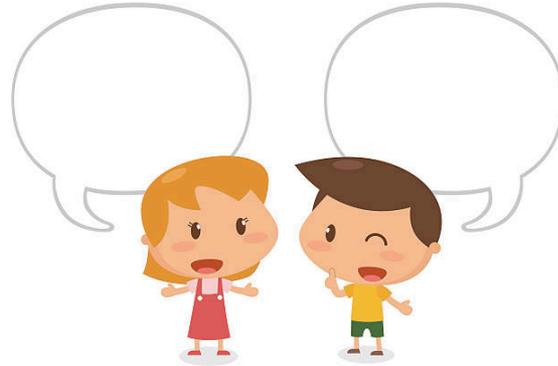
Reading aloud and talking about what was read will help increase your child's reading comprehension and also increase the positive interaction between parent and child.



Reading
is
Dreaming
with
Open
Eyes

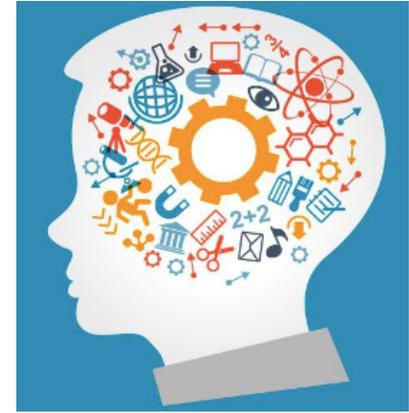
-Anissa Trisdianty

LIMIT SCREEN TIME



Recent scientific studies are suggesting that high screen time is resulting in lower levels of language and literacy skills.

CHILDREN WHO HAD HIGH LEVELS OF SCREEN TIME

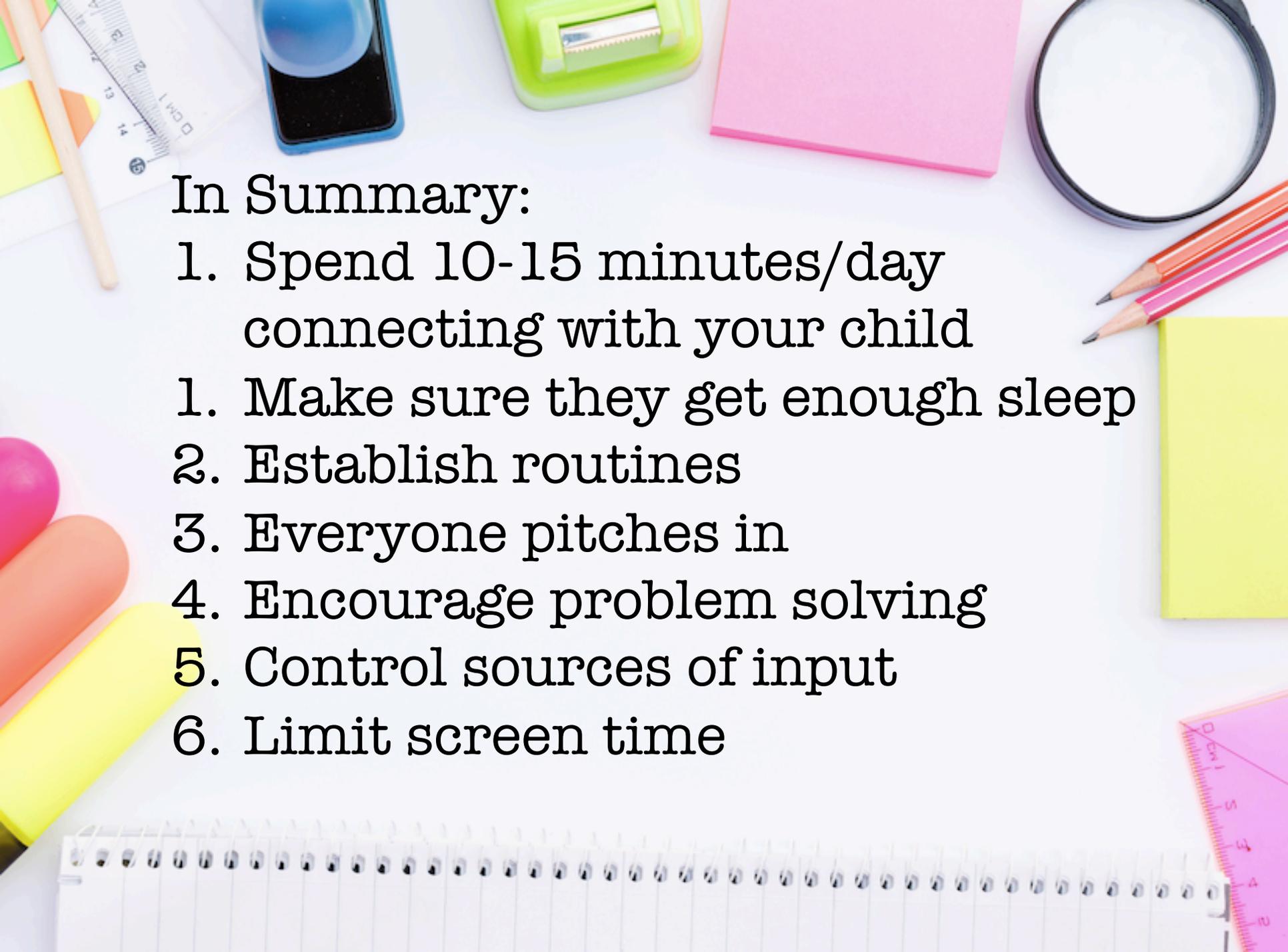


Had brain scans with lower levels of “white matter integrity” which is thought off the brain’s internal communication network.

LESS SCREEN TIME AND MORE FAMILY TIME

Regardless of what studies say, families will likely get closer when they spend time interacting together and off of their devices.





In Summary:

1. Spend 10-15 minutes/day connecting with your child
1. Make sure they get enough sleep
2. Establish routines
3. Everyone pitches in
4. Encourage problem solving
5. Control sources of input
6. Limit screen time



Thank you!
Q & A will be
held after the
2nd session