



Family Guide to Creating Positive Behavior Expectations for Distance Learning

➤ Tips for Implementing Positive Behavior Supports at Home

Instead of Saying	Positive Refrainment of Words
Be quiet.	Can you please use a softer voice?
Stop crying or whining.	I can see this is hard for you. Please use your words.
Don't say that!	Please use an appropriate word.
Calm down.	I understand you are upset, can you explain it another way?
Look at me!	Let's talk about your feelings once we've taken a deep breath to calm down.
Stop hitting or kicking.	We keep our hands and feet to ourselves.

Positive Conversation for Parents & Children	
Keep a calm tone	Understand your child's perspective
Know your own triggers and when to step away from the moment	Validate their feelings – no matter how trivial
Listen with empathy	Help your child identify the emotions they are feeling
Bend down to your child's eye level to engage in conversation	Respond with understanding and empathy

When a Child Feels Validated	
They are more likely to hear and listen to you, which helps build the relationship between parent and child	This build's your child's self-esteem and self-awareness
They are more likely to change their behavior(s)	This can improve your child's overall emotional health
It helps to build your relationship with your child	