**DRAFT COPY**

Positive Behaviors at Home

At school, we have a few simple ideas we use to guide how we all work together, both children and adults. We call these our expectations. These expectations guide how we act and talk with each other in every part of our school building and school day. These same expectations can be useful at home. You may find this type of chart handy to help guide your child’s positive behavior at home. Using the chart below, you and your child can create your own, personalized chart with expectations for how your family will care for each other at home.

**Directions:** Use your school’s behavior expectations, or add your family’s expectations, in the first column. Decide which places or times of day you want to focus on. It’s a good idea start with a time of day when your child is already behaving well. For example, if your child is pretty good at following your expectations in the morning, focus on that time first. Talk to your child about what it looks like to follow the expectations at home. Give your child examples to get them started and share your own too. Take your time, and go through each expectation one at a time. Then, talk through other times of day, like mealtimes, when you are at the grocery store, and bedtime. Write what you and your child decide are good behaviors in each box at various times of the day. It’s best to limit to 2-3 behaviors in each box. The example on the following page will give you some ideas for how to use the chart. A blank chart is on page three for you to use with your family.

 The *Example* Family’s Positive Behavior Chart

|  |  |
| --- | --- |
| **Write in your** **expectations below** **(You may use your school’s expectations to get started)** | **Time** |
| **Morning** | **Mealtimes** | **Bedtime** | **Out in the Community** |
| Be Respectful | * Say “good morning”
* Ask for food at the table, “Please pass the cereal.”
 | * Chew with your mouth closed
* Sit while eating
* Ask to leave the table “May I be excused?”
 | * Say “good night.”
* Follow mom/dad’s directions.
 | * Say, “Please and thank you.”
* Hold doors for people walking close behind you.
 |
| Be Responsible | * Put your clothes in the hamper
* Rinse and put dishes in the sink.
 | * Help prepare food and clean up.
* Put your napkin in your lap when you eat.
 | * Brush your teeth.
* Wash your face.
* Read/listen to a book.
 | * Hold mom or dad’s hand in the parking lot.
* Keep your hands in your pockets or by your sides in the store.
 |
| Be Safe | * Pick up toys off the floor.
* Unplug electronics before leaving (older kids/adults)
* Follow the signs at the crosswalk before crossing the street to catch the bus.
 | * Be careful with sharp utensils.
* Stay in your .seat while eating
* Swallow before talking or taking the next bite of food.
 | * Stay in your bed after the light is out.
* Stay in your room unless you need to use the bathroom.
 | * Only talk to people you know.
* Tell an adult if something is wrong.
* Stay on the sidewalk when you walk to the corner.
 |

The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Family’s

Positive Behaviors Chart

|  |  |
| --- | --- |
| **Write in your expectations below** | **Time****(Use the times and places below or write in your own.)** |
| **Morning** | **Mealtimes** | **Bedtime** | **Out in the Community** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |