HAZELWOOD EARLY CHILDHOOD
Family Support PBIS Newsletter

SEPTEMBER: "TAKE CARE OF YOURSELF" MONTH

WHAT IS PBIS?
Positive Behavior Intervention and Supports

PBIS is a process for teaching pro-social behaviors and modifying challenging behaviors. Just like we teach children colors and letters, it is important in early childhood to directly teach appropriate behaviors. We do this by modeling, or showing, the children what is expected of them; teach them how to do it; then reward them when they get it right. Repetition is crucial in early childhood so we do this multiple times in multiple ways.

SPOT'S RULES

Take Care of Yourself

Take Care of Each Other

Take Care of Your School

Take Care of Your World

Spot's Rules

We use Spot's 4 Rules to teach pro-social behaviors at school. We will be sharing ideas monthly about how you can support one of Spot's Rules at home. In addition to these rules, we have specific classroom behavioral expectations that we teach, practice and reward:

- Keep your body to yourself
- Use good listening ears
- Share & Take Turns
- Use walking feet
- Stay with the group

BEHAVIOR TIPS FOR MORNING MADNESS

*Have your child pick out what they wear the night before to save time and stress in the morning. Give them two choices; both of which are approved by you.

*Make a picture schedule, using Google Images, of all the tasks they have to complete to get ready for school. They can mark off the items once they are finished with each one.

*Try to avoid the power struggles in the morning by giving your child choices like: "Do you want to brush your teeth or hair first?"

Practicing Spot's Rules at Home

Take Care of Yourself by:

- Getting dressed by yourself
- Brushing your teeth
- Eating healthy snacks
- Washing your hands
- Putting on your own backpack

All by Myself Read Along Book
https://www.youtube.com/watch?v=V6VndX0pKpM

Community Resources for Daycare

United for Children - Assists families in finding daycare appropriate for their child

ChildCare Aware - General Information

ChildCare Aware daycare search

Children's Division Childcare Assistance

HSD Daycare List