

Webinar #1: Transitioning Back to School

We Will Begin on the Hour

Please, say “Hi” in the Chat Box &

➤ Be Thoughtful

- Session is being recorded
- Only type “public” information in chat

➤ Be Kind

- Ask how others are doing
- Offer support
- Make a plan to connect with others

➤ Be Present

- Take notes, chat & engage
- Close unnecessary screens



To Actively Participate

If you'd like to **answer questions**, **ask questions** or **interact with others**:

- Please click on the “**Chat**” icon
- Then click on the “**To:**” section
- Then select “**All panelists and Attendees**” or a specific person to chat
- For most things, you will choose “**All panelists and Attendees**”



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Mute



Start Video



Participants



Q&A



Share



Chat



More

Leave Meeting

WELCOME!



Rosedale Family Webinar #1

Transitioning Back to School Successfully

I'm Happy to Join You



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Virtual coach for sustainable change: supporting school, district, county, regional and state teams

>20 years as a PBIS implementer & trainer

Leader and Creator within the Home & Community PBS Network (www.hcpbs.org) and www.ResilienceNowforParents.org

Parent implementing PBS at home

Published on CICO, Tier 2, Function-based support (FBA/BIP), Tier 3, and Family Partnerships

Supported statewide MTSS/PBIS in HI, NY, IL & CA

Driven school reform as a School Counselor, School Psychologist and PBIS District Coach

We Wish You Well

- We know these times are hard for **everyone**
- We wish **peace** to you and your loved ones
- Thank you for ALL you are doing to **help**
- You are **appreciated**, and needed, more than ever
- Please **take care** of yourselves, and let us know how we can help
- We are so **grateful** you signed up & are joining us today!



Participants Will:

- Reflect on the current strategies you're already using at home to identify strengths
- Identify simple ways to provide even more support to your child and family
- Increase school success by using similar strategies at home and at school

Topics for Today

- Strategies to help lower stress, feel more focused and calm, and gain energy and positivity
- Simple ways to provide increased support to your child and family regarding working through the anxiety that may come with transitioning school environments
- Strategies for dealing with worries, challenging emotions, challenging behaviors, and academic struggles

Disclaimer: You know your child/ren and family best; please select ideas that you think would be the best fit for your unique lives.

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Welcome & Grounding

- Please follow the **directions** to find your Mood Meter word (on the next slide)
- If you're comfortable, please share your **Mood Meter Word & Why** in the chat box

Thank you :)

HOW ARE YOU FEELING?



Thank
You!



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Time to Process & Chat

How might you
use the Yale
Mood Meter
at-home?



How could it help
before, during & after **school?**

Thank You! Brain Break



The RULER Method

The knowledge, attitude, and skills associated with:

- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

Time to Process & Chat

How might you
use the RULER
Method
at-home?



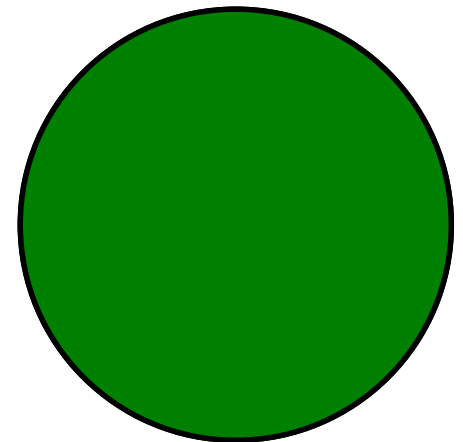
How could it help
before, during & after school?

Thank You! Brain Break



“If You Can Predict It, You Can Prevent It”

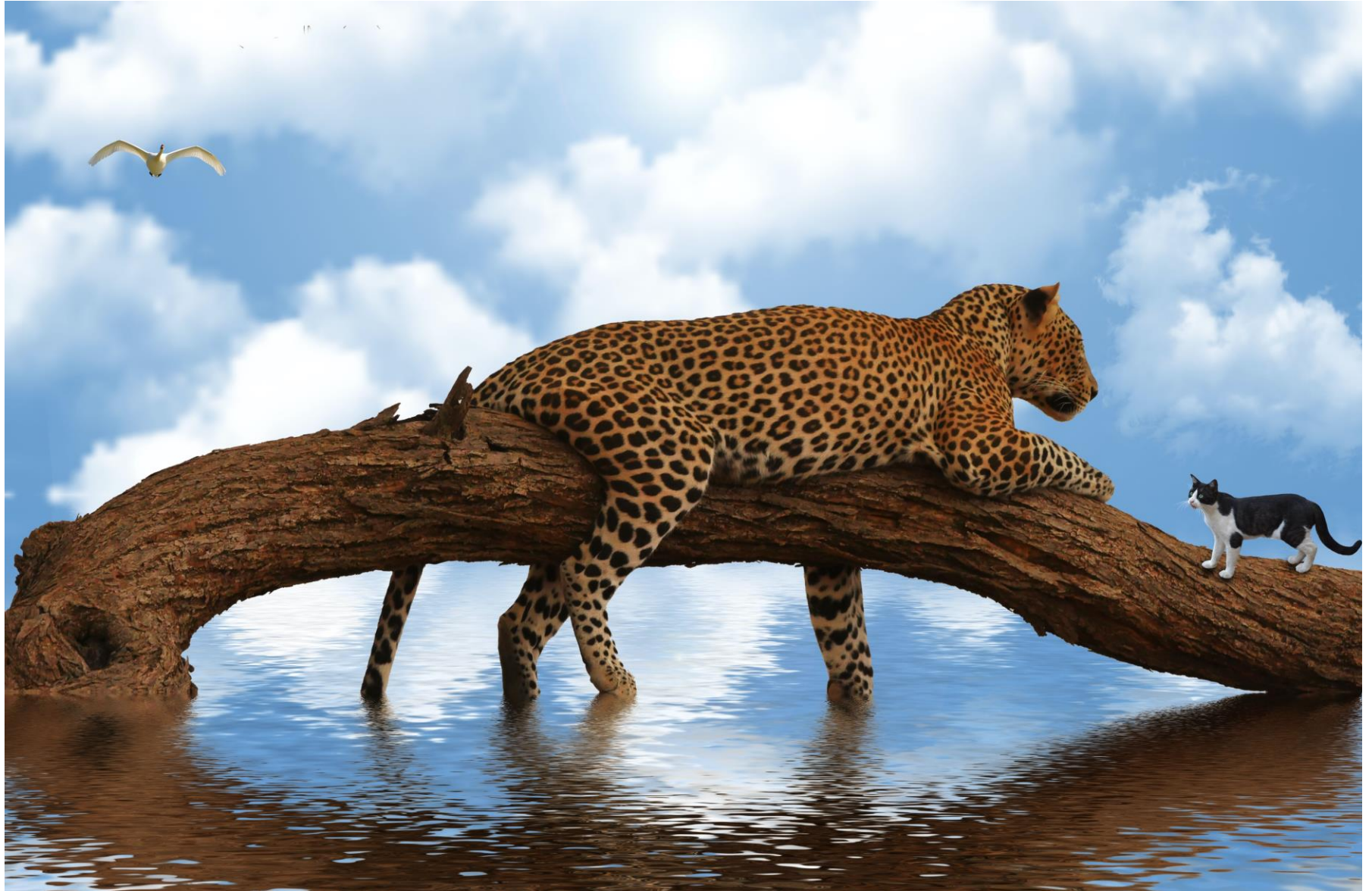
- Consider making 2 lists of challenges related to transitioning back to school that you are worried about
 - 1 list of possible problems for you/the adults
 - 1 list of possible problems for your children
- Please start making these lists now (you can finish later)
- Try to list all possible challenges, related to all times of day
 - Morning, meals, bedtime, travel/transition, parent work schedules, childcare, independent school-work etc.



HOW ARE YOU FEELING?



Thank You!



Next Steps

Using the list of possible challenges (worries), consider:

- Being **very clear** about what behaviors are **expected** of everyone during those challenging times
 - Ex. “When you get home: change your clothes...then...
- Teaching (**practicing**) what’s expected (**multiple times**)
- Having a plan to **reinforce** others for good choices/acts
- **Having a plan** for when things don’t go well
 - Better to have youth ‘**practice again**’ rather than get punished while they are still learning new routines

PBS Home Matrix

	Getting up in the morning	Getting to school	Clean-up time	Time to relax	Homework time	Mealtime	Getting ready for bed
H HELP OUT	Make Your bed Clothes in hamper	Have your back pack, lunch, notes, keys	Do your chores	Clean up after yourself Play quietly	Put your things in your backpack when finished	Set the table Put dishes away	Brush your teeth Dirty clothes away
O OWN YOUR BEHAVIOR	Get up on time Get cleaned up and dressed on time	Be ready to leave on time	Clean up after yourself	Ask before you borrow Ask to change stations	Complete your homework on time Do your best!	Use kind words and "I statements" Recognize mistakes and apologize	Get to bed on time!
M MANNERS COUNT	Try a morning SMILE! Thank your parents for helping.	"Thanks for the ride" "Have a nice day"	Ask politely for help	Respect others things Offer to share	Ask for help respectfully "Thanks for the help"	Please and thank you Use your napkin	End the day with nice words and thoughts
E	V	E	R	Y	D	A	Y

Behavioral Lesson Plan Template

- Explain Expectations & Why need
 - Check for understanding
- Specify the details/rules & Model examples
 - Check for understanding
- Model non-examples (problem behaviors)
 - Check for understanding
- Model examples again
 - Check for understanding
- Youth practice
 - Give feedback & reinforce

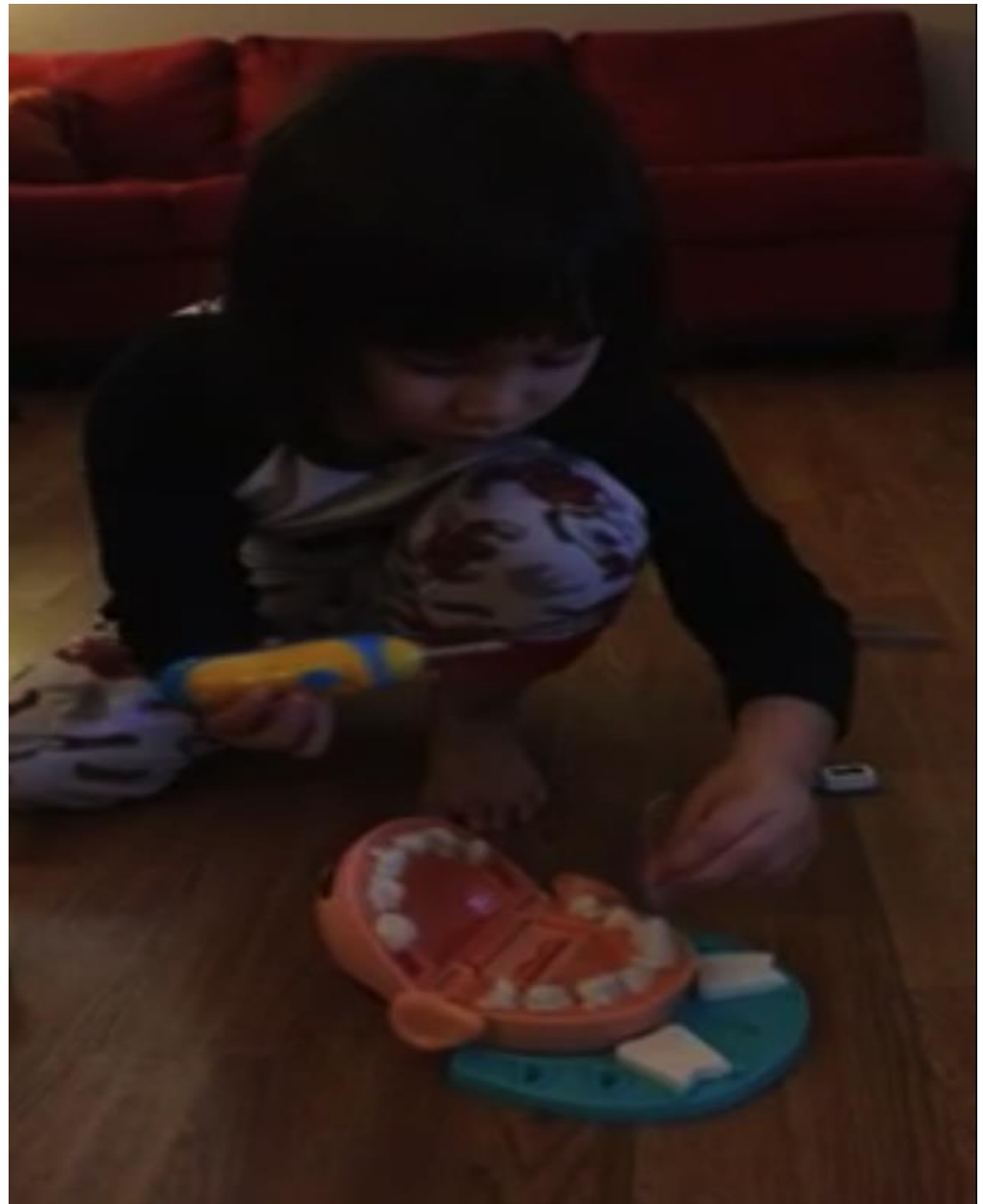
Preparing at Home for Travel

(Hotels & Restaurants)



Using Positive Behavior Supports to Prepare for a Successful Dentist Visit

Expectations
Teaching
Reinforcement



Reinforcing Appropriate Behavior



Positive Behavior Support Videos



POSITIVE BEHAVIOR
SUPPORT TRAINING
VIDEOS FOR PARENTS
AND PROFESSIONALS

TRAINING VIDEOS



Practiced
Routines™



Practiced Routines PBS Parent Training

Videos. Free videos on watching and recording behavior, identifying patterns, proactive strategies, teaching skills, and managing consequences.

<https://www.youtube.com/watch?v=t0VEOjGCPG0&list=PLLi08Aejgezrdyq4rTcBUml63EzBKPNkx&index=7&t=0s>

Time to Process & Chat

What questions
or comments do
you have?



How could these steps help
before, during & after [school](#)?

Thank You! Brain Break



Self-care Strategies: Youth and Adults

- Our moods and energy levels affect the environment
- It is not a selfish act to take **time-out for ourselves**
- When we are recharged we are more likely to **prevent and de-escalate problems**, **be kind and empathetic**, and **think clearly**
- Live Family Chat on “Self-Care”: Nov. 10th at 5pPT:
 - www.HCPBS.org
 - Article on Self-Care:
<https://magazine.parentingspecialneeds.org/publication/?m=13847&i=673824&p=14>

Self-care Strategies: Youth and Adults

Consider:

- Making a list of things/activities that you enjoy, help you relax, energize you, or make you feel like you've had a 'break'
- Encourage other caregivers in your home to do the same
 - Children can make their own lists too
- Consider how/when people can request something from their list
 - This should be prior to a crisis, before you feel your 'cup is empty'

Self-care Strategies: Youth and Adults

Next, think of a **typical day** at home, what might be the **best** time of day for you to do some self-care? Could it be:

- While your children are **engaging in an independent** routine?
- While your children are being **rewarded** for a successful routine?
- Something you do **with your children** as a new routine?

When time is tight, aim for “simultaneous self-care”

- Yoga, or stretching, for child/ren and adults together
- Moving to music with one of YOUR favorite songs
- Asking children to share ‘pick me ups’ with you

Strategies for Reducing Anxiety



<https://youtu.be/ijisVcXIKlg>

<https://youtu.be/aFBzPCVriR4>

Self-Care Tip: Focus (More) on the Positive

In positive psychology research, gratitude is strongly and consistently associated with greater **happiness**. Gratitude helps people feel more positive emotions, **relish** good experiences, improve their **health**, **deal** with adversity, and build strong **relationships**.



<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>.This

“Three decades of research clearly shows

...the **advantages** of taking a **strength-based** approach for youth & adults:

- Greater levels of **happiness** & **engagement** at school
- Smoother **transitions** from kindergarten to elementary school & from elementary to middle school
- Higher levels of **academic achievement** (as found in high school & college students)
- Greater levels of happiness at work
- Greater likelihood of **staying at work**
- Better work **performance**
- Greater likelihood of staying **married** & being happy in your marriage
- Higher levels of physical fitness & of engaging in **healthy behaviors**
- Better **recovery** after illness
- Increased levels of life satisfaction & **self-esteem**
- **Reduced risk** of depression
- Enhanced ability to **cope** with stress & adversity”

(p. 9, Lea Waters, 2017)

For More Information

Additional PBS at Home Videos:

<https://www.youtube.com/playlist?list=PLLi08Aejqezrdyq4rTcBUml63EzBKPNkx>

Home & Community PBS Network:

<https://hcpbs.org/families-3/>

Parenting Special Needs Magazine:

<https://www.parentingspecialneeds.org>

PBS Websites: www.pbis.org; www.apbs.org

Interactive Tutorials to Learn More about PBS:

<https://www.apbs.org/about/tutorial>