

Home Harmony: Partnering with Parents to Manage Behaviors at Home with Confidence and Calm

GaPMP Kickoff Conference

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Understanding Behavior: What's really going on?



Behavior is Communication

- **Key Idea:** Behavior is a form of expression
- **Example:** If a child throws toys after school, they, they might be saying, “I’m overwhelmed and don’t know how to decompress.”
- **Example:** Child slams door, they may be overstimulated and need a break.
- **Engagement Activity:** Ask parents to jot down or share one behavior they see at home and brainstorm what the child may be communicating



“Every Behavior tells a story.”

Home Strategies That (May) Work

- Consistency is Key
- Carrying over Reward Systems
- Clear Expectations & Choices
- Minimize Language
- Visual Supports
- Teach & Practice Coping Skills



Consistency Is Key

- **Strategy:** Use similar language, expectations, and routines as school
- **Example:** If school uses “safe hands” or “kind words”, reinforce that phrase at home.
- **Engagement Activity:** Ask parents what phrases their child hears at school and help them mirror those at home.
- **Engagement Activity:** Match school phrases with home phrases using a mini worksheet

Tip: Mirror School Expectations at home



Carry Over Reward Systems

- **Strategy:** Mirrior school's reward systems at home
- **Example:** If school uses a sticker chart, create a “Home Hero Chart” with stars for chores, kind words, or transitions
- **Engagement Activity:** Provide a chart template and allow parents to decorate them during the session.

Tip: Reinforce positive behavior with familiar systems



Clear Expectations & Choices

- **Strategy:** Use “First/Then” and offer limited choices.
- **Example:** “First brush teeth, then bedtime story” Or “Do you want to clean up Legos or crayons first?” Or “Choose: bath or or eat first”
- **Engagement Activity:** Role-play with silly scenarios like “first broccoli, then dance party!”

Tip: Offer clear options



Minimize Language

- **Strategy:** Use brief, clear phrases and nonverbal cues to reduce overstimulation and prevent escalation.
- **Example:** Child yelling - Instead of saying: “stop yelling! That’s not how we talk to adults!” ***TRY THIS: “Quiet voice”***
- **Engagement Activity:** Present common behavior scenarios and ask for reponses using 5 words or fewer. BONUS: Ask for a supportive gesture or visual cue

Tip: Less Talk, more calm



Use Visual Supports

- **Strategy:** Visuals help children understand expectations, routines, transitions and choices - especially when words fall short.
- **Example:** “Morning Routine” chart with pictures of brushing teeth, getting dressed, and packing backpack.
- **Engagement Activity:** Provide parents with blank templates and stickers to build their own routines charts or schedules.

BONUS: Use timers with visual countdowns to ease transitions.

Tip: Show it, dont just say it



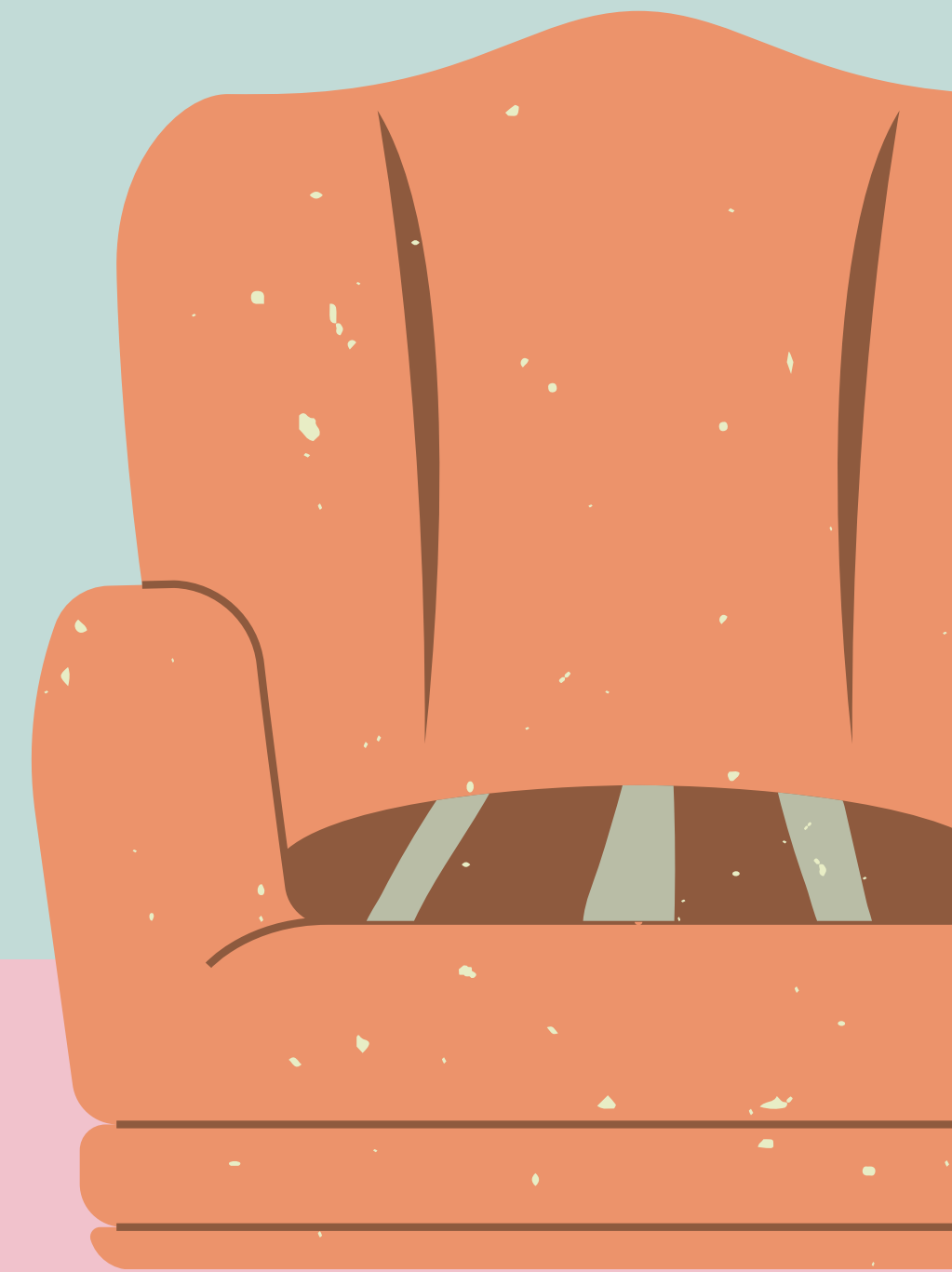
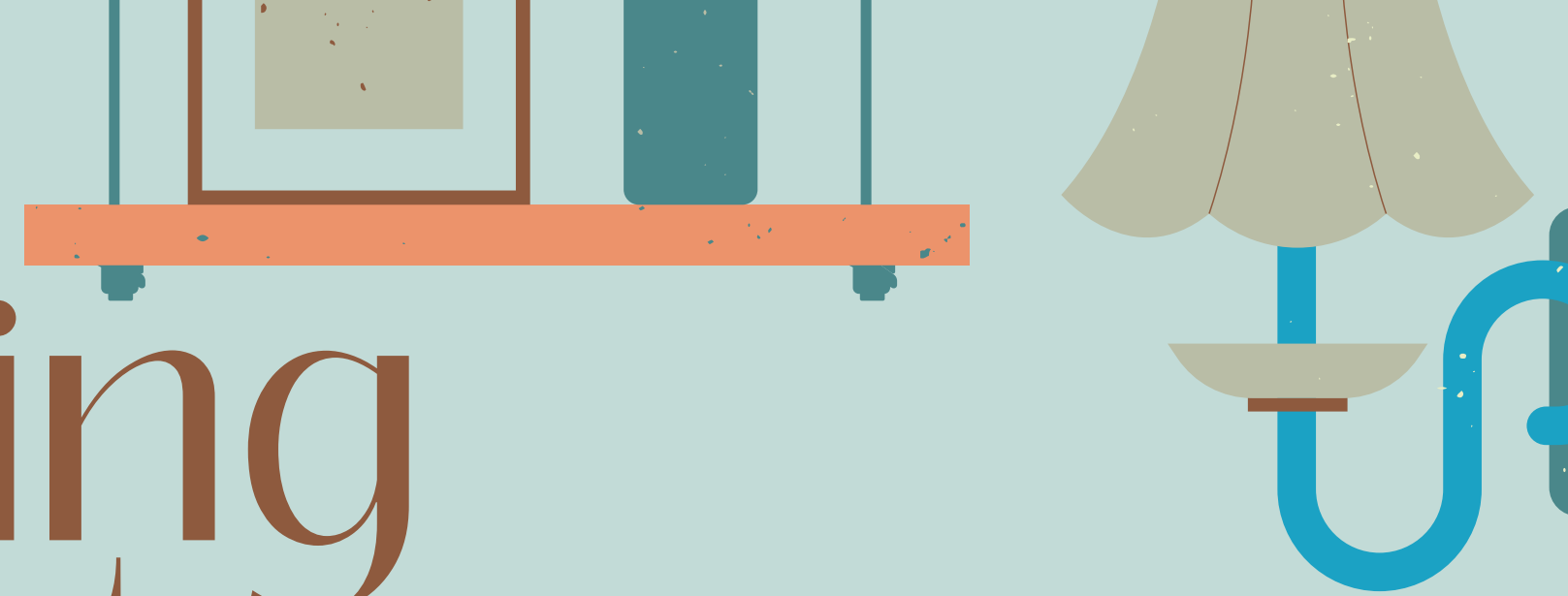
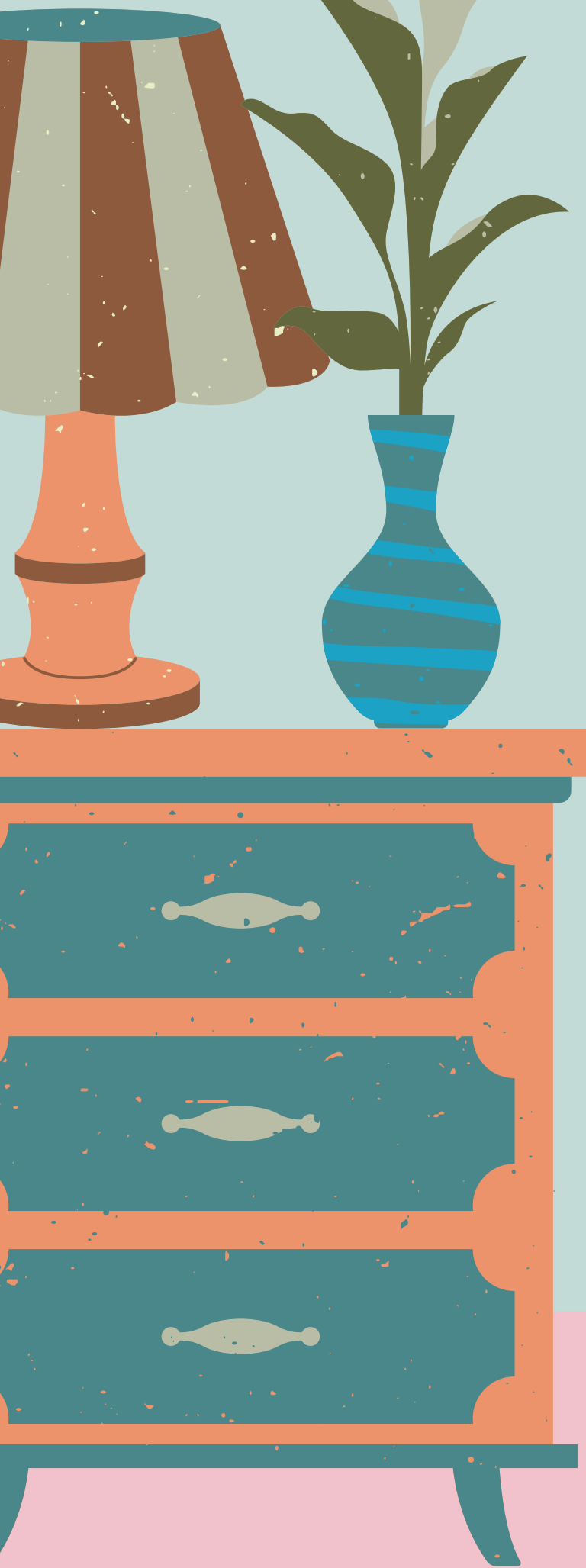
Teach & Practice Coping Skills

- **Strategy:** Equip children with tools to manage big feelings before behaviors escalate.
- **Example:** “Zones of Regulation Chart”, deep breathing practice with bubbles or pinwheels, “Calm Corner” with soft toys, coloring pages, calming music or noise cancelling headphones
- **Engagement Activity:** Review how to use “Zones of Regulation Chart” or other “feelings chart” and provide a copy. Ask parents to brainstorm calming spaces at home.



Tip: Teach, model, and repeat calming tools

Managing Parent Stress & Anxiety



Mini-Moments of Calm

- **Strategy:** Build in short self-care breaks
- **Example:** 5 minute break before homework or bath time (set a timer), positive self-talk and/or affirmations
- **Engagement Activity:** Lead a 2-minute deep breathing or mindfulness exercise during the session.
- **Engagement Activity:** Create a “Parent Pep Talk” card with affirmations like “ I am patient. I am capable. I am enough”

BONUS: Start a gratitude journal

Tip: Take care of YOU, too



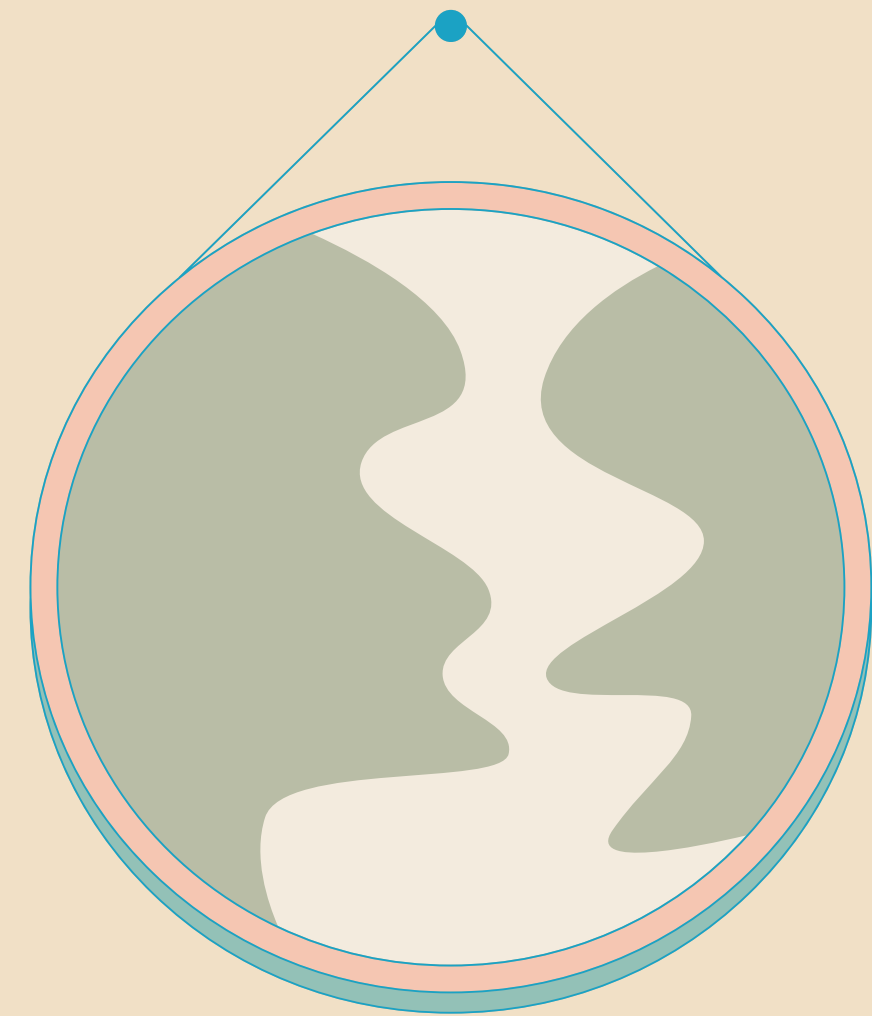


De-escalation Techniques

Mindset Training

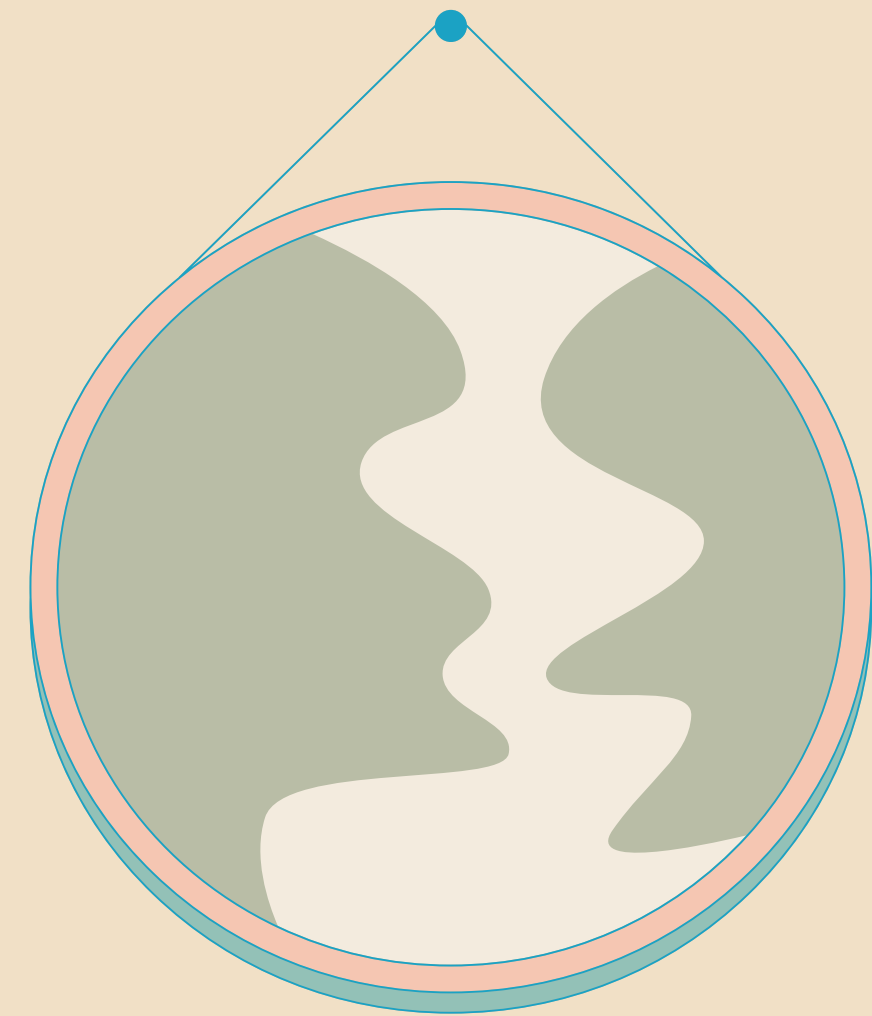
4-step Counseling Model

- **Step 1:** Acknowledgement - Say what you see and/or hear
- **Step 2:** Acceptance - Establish the feeling
- **Step 3:** Validation - Connect the feeling to the source
- **Step 4:** Empowerment - Develop a Plan of Action



Q-TIP

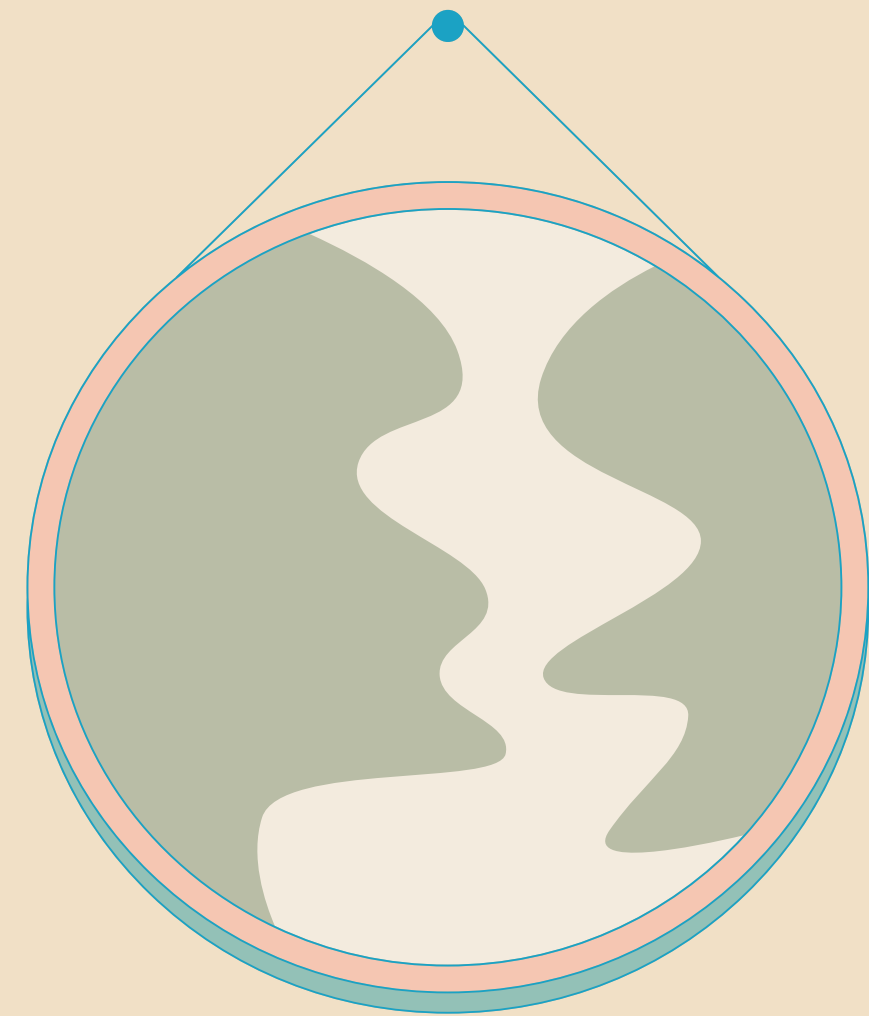
Quit
Taking
It
Personally



Get in your CAR

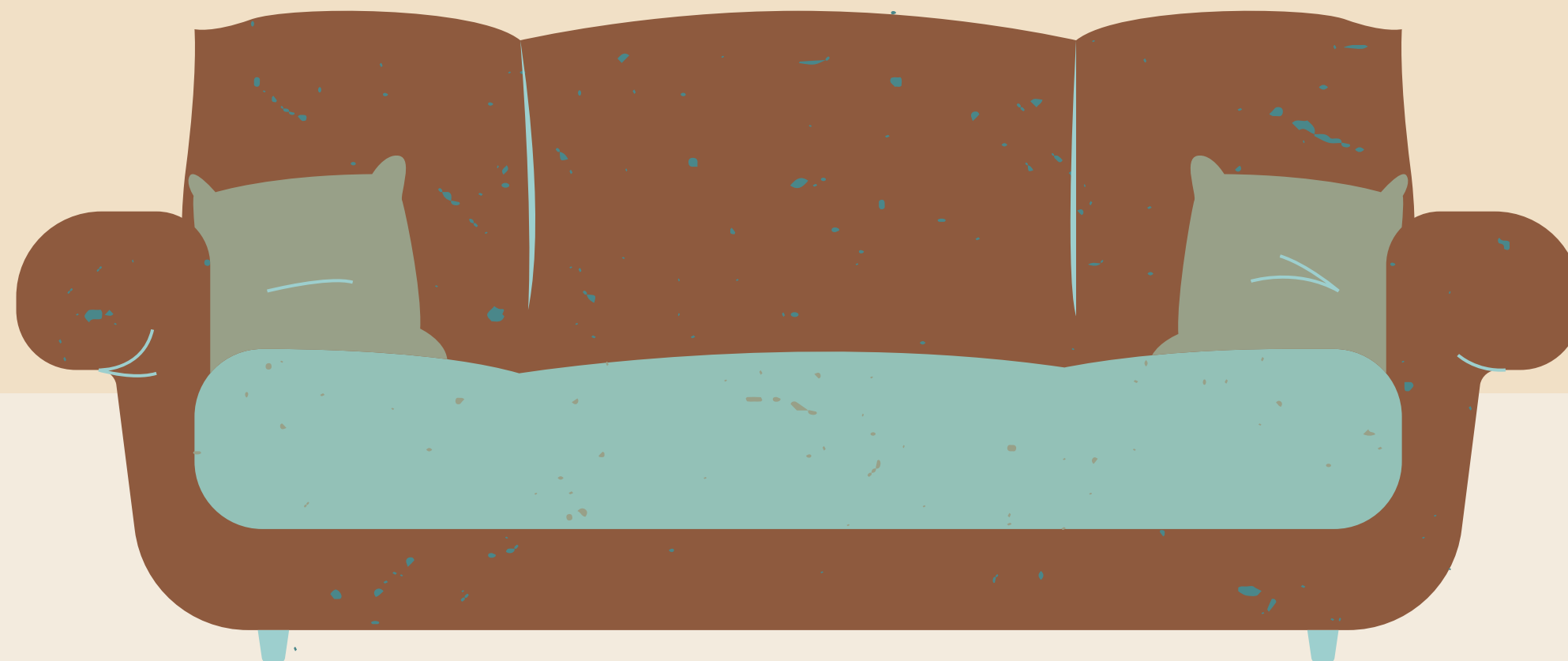
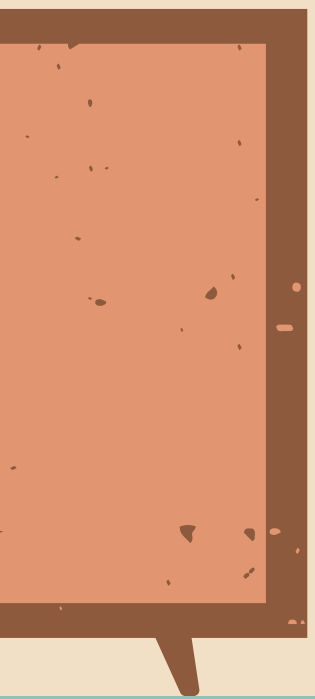


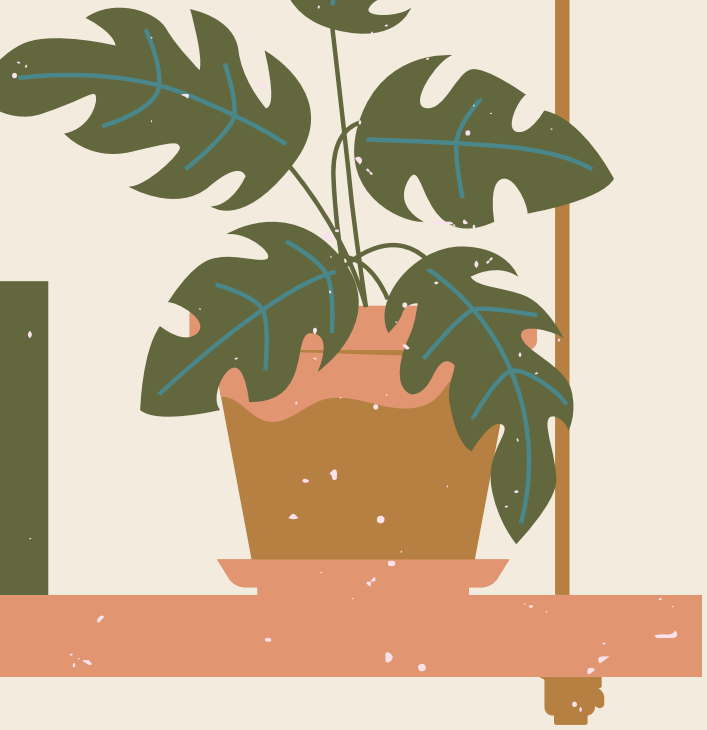
Remain calm, aware
and respectful before,
during and after
behavior situations



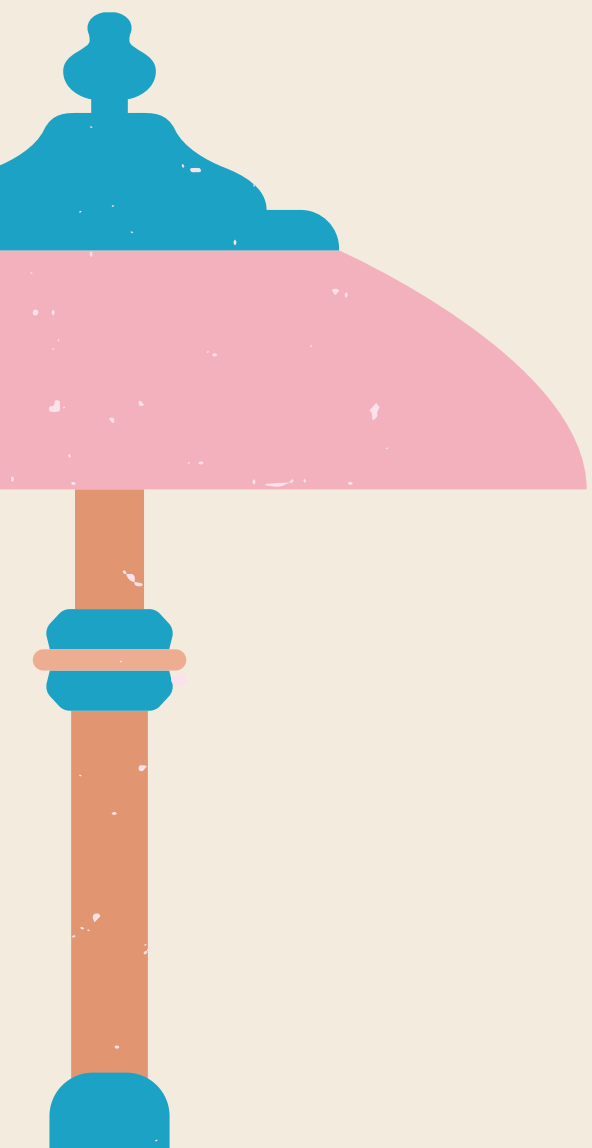
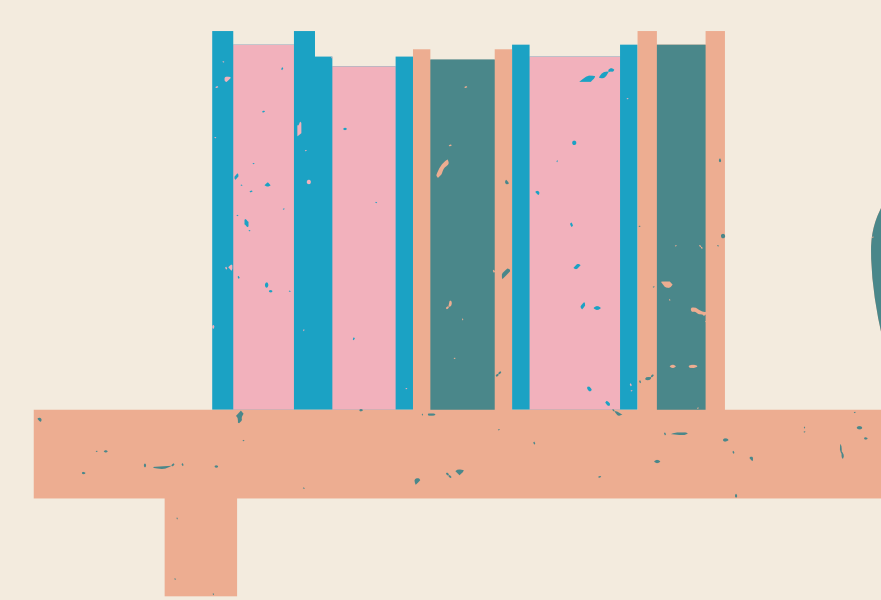
“Behind every behavior is a feeling.
Behind every feeling is a need. And
when we meet that need rather
than focus on the behavior, we
begin to heal.”

– Angie Karan





Thank you for your attention!



Don't hesitate to ask any questions!

