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Paul Caldarella
Paul_Caldarella@byu.edu

Lynnette Christensen
lynette_christensen@byu.edu

K. Richard Young
Richard_Young@byu.edu

John Wilkinson

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When Teachers and Parents Work Together

An Approach to Developing Critical Life Skills for All Children

Lynnette Christensen
Paul Caldarella
K. Richard Young
John Wilkinson

David O. McKay School of Education
Brigham Young University
Introducing
A More Civil Teaching and Learning Environment in the School and Home
Today’s Presentation

1. The need and benefits of improved behavior at home and school.
2. Where does it begin?
3. The positive behavior research.
4. Five effective tools.
1. The need for and benefits of improved behavior in the home and school
The Stakes are High, but . . .

“I need not remind you that the cities of America are in trouble...the problems will largely continue until many more people get at the root. That root, I believe, lies in two places: in our schools and in our homes.” Gordon B. Hinckley
. . . So are the Possible Benefits

Problem behaviors at home and at school can be prevented or corrected. Children naturally want to please their parents or the teachers they like. Adults are seen as a trusted source of help. Children will respond more positively to modeling. Students are more willing to spend time with positive adults.
We Invite You to Help Us Reach Our Dream
Our Dream is to Teach Every Family and Teacher in the World how to Build Positive and Civil Relationships
2. Where do we begin?
Positive Relationships
Begin with You

It Begins with You
Setting the Stage

A Nurturing Disposition

Heart

Head

Actions
An Example, No Matter What

The Reciprocal Nature of Being a Nurturing Parent

Children are Little Mirrors
Confronting the Past

Learning from the past.

The past is a:

• Source of some of our approaches as parents and teachers
• Learning experience about the impact or the result of harsh or ineffective teaching and parenting practices
• Motivator for changing our own approach with our students or children
3. Positive Behavior Support Research
What is Positive Behavior Support?

Overview of Positive Behavior Support

1. Build Relationships
2. Establish Expectations
3. Teach Appropriate Behavior
4. Reinforce Appropriate Behavior
5. Apply Data-Driven Interventions
Foundations of Positive Behavior Support

Behavior is largely a product of its immediate environment.

Behavior ultimately responds better to positive rather than negative consequences.

Learning best takes place under pleasant circumstances.

The most effective way to change inappropriate behavior is to teach and praise appropriate behavior.
Guiding Principles of Positive Behavior

Support

All youth can learn.

Problem behaviors often result from inappropriate learning and can be corrected.

Adults must adopt high expectations for civil behavior.

Instruction must include building skills critical to success in life.

Create teaching or learning opportunities frequently (Carpe Diem).
4. Five Effective Tools
Introducing You Can Do This

Success Comes in “Cans”
Five Effective Tools for Building Nurturing Families

1. Building Positive Relationships
2. Preventing and Correcting Misbehavior
3. Giving Encouragement and Praise
4. Expressing Gratitude
5. Showing Kindness
Building Positive Relationships

1. What is a positive relationship?
2. What are the benefits?
3. How do we build one?

5 Effective Tools
What is a Positive Relationship?

How would you describe a positive relationship?

- Kind
- Trust
- Respecting
- Open
- Loving
- Validating
- Safe

5 Effective Tools
Benefits of Positive Relationships

Students naturally want to please teachers they like
Adults become a trusted source of help
The effectiveness of modeling is enhanced
Students are more willing to spend time with teachers they like

5 Effective Tools
How do Students Like to be Treated?

What behaviors to students like and dislike in adults?

Positive Behaviors
- Calm, pleasant voice tone
- Offers to help
- Compliments performance
- Explains why, how, or what
- Getting right to the point
- Pleasant facial expression
- Stating expectations

Negative Behaviors
- Overt displays of anger
- Accusing/blaming statements
- Giving no opportunities to speak
- Mean insults
- Talking only about mistakes
- No eye contact

Adapted from Willner, et al. (1977)

5 Effective Tools
Ways to Build Positive Relationships

The Relationship Bank

**Deposits**
Each interaction with another person is an opportunity to make a deposit in your relationship bank account by doing something positive.

**Withdrawals**
Saying or doing something negative results in a withdrawal from your relationship bank account.

5 Effective Tools
Ways to Build Positive Relationships

8:1

We need to make MORE DEPOSITS than withdrawals.

Even if criticism is justified, it needs to be balanced out with EIGHT more positives than negatives

8:1 POSTIVES TO NEGATIVES

5 Effective Tools
More Specific Ways to Build Positive Relationships

What do you say? What are some additional ways to build positive relationships?

• Seek opportunities to interact
• Develop common interests
• Display concern for well-being
• Express confidence and trust
• Ask child or student for help or advice
Building Positive Relationships

Video Vignette

5 Effective Tools

- Building Positive Relationships
- Preventing and Correcting Misbehavior
- Expressing Gratitude
- Giving Encouragement and Praise
- Showing Kindness
How to Build Positive Relationships

5 Effective Tools

- Spend quality & quantity time
- Make continuous & consistent effort
- Show we care by what we say & do
Encouragement and Praise

Children and students in families and at school need the positive benefits of encouragement and praise.

5 Effective Tools
How to Encourage and Praise

1. **Notice** the need

2. **Express** confidence, trust, and belief through words and actions

5 Effective Tools
Encouragement and Praise
Video Vignette

5 Effective Tools
How to
Give Encouragement and Praise

1. Be Sincere
2. Be Specific
3. Give a Reason Right Away

5 Effective Tools
Preventing and Correcting Misbehavior

How would we finish this thought?

“If a child doesn’t know how to read, we teach.”

“If a child doesn’t know how to swim, we teach.”

“If a child doesn’t know how to multiply, we teach.”

“If a child doesn’t know how to behave, we…John Herner (NASDSE President) Counterpoint 1998, p.2

5 Effective Tools
Cycle of Coercion or Punishment

Communicates only what student SHOULD NOT DO.

Does not teach what TO DO.

Provides only short-term suppression of inappropriate behavior.

Sets stage for violence, vandalism, & escape.

Never addresses real problems.

5 Effective Tools
Preventing and Correcting Misbehavior by Teaching a Positive Alternative

1. Name and describe
2. Give a rationale
3. Model (you do)
4. Practice (they do)
5. Feedback & praise
6. Plan future practice

The Teaching Pattern
Teach a Social Skill Activity

Teach the social skill: Following Directions

Teaching Pattern:

1. Name and describe the behavior: “Let’s talk about following directions. Following directions means doing what you’ve been asked to do.”

2. Give a rationale: “When you follow directions you get the work done right, please the person who needs your help and help make family life happy.”

3. Model (you do)

4. Practice (they do)

5. Give feedback and praise

6. Plan future practice opportunities

5 Effective Tools
Preventing and Correcting Misbehavior Video

5 Effective Tools
Gratitude

“Where there is gratitude, there is humility instead of pride, generosity rather than selfishness. . . gratitude is the beginning of civility, of decency and goodness. . .”

Gordon B. Hinckley
Gratitude Discussion

Think of a time when someone expressed gratitude. How did you feel?

Think of a time when you expressed gratitude. How did you feel?

5 Effective Tools
How to Express Gratitude

Expressing Gratitude:

Reflect

Express

5 Effective Tools
How to Express Gratitude
Video Vignette

5 Effective Tools
“Kindness is a passport that opens doors and fashions friends. It softens hearts and molds relationships that can last lifetimes. Kind words not only lift our spirits in the moment they are given, but they can linger with us over the years.”

Joseph B. Wirthlin
Kindness Discussion

Why show kindness? (discuss)

1. Kindness builds relationships.
2. Kind words lift in the moment but often linger for years.
3. Kindness invites kind acts from others.
4. Kindness helps us avoid being critical and judgmental.
5. Kindness removes barriers and leads to understanding.
6. Kindness is incompatible with anger.

5 Effective Tools
How to Show Kindness

Showing Kindness:

1. Notice other’s needs
2. Feel and understand
3. Meet needs through words and actions

5 Effective Tools
Showing Kindness Video

5 Effective Tools
Conclusion

Today schools, families and communities are confronted with challenging behaviors from our nation’s youth. More than ever it takes an entire village, to both prevent and correct these problems. Collectively we need to invest much more in prevention and early intervention.
David O. McKay
School of Education