

# PBSES SNAP SHOT

## Positive Language Alternatives

Calm Down	→	How can I Help you?
Stop Crying	→	I can see this is hard for you.
You're ok	→	Are you ok?
Be quiet	→	Can you use a softer voice?
Don't hit	→	Please be gentle
Stop Yelling	→	Take a deep Breath, then tell me what happened.
Don't get upset.	→	It's ok to feel sad.
That's enough	→	Do you need a high five?
I'm over this	→	I am here for you.

## Ratio of Interactions

For every **1 negative** interaction, counter it with **4 positive** interactions.

### Examples:

- Offer Genuine, specific praise
- Use child's names in a positive way
- Separate behavior from person
- Point out specific positive behaviors
- Give appropriate responsibilities
- Include students in decision making
- Know the person

## Tantrums: A Positive Experience

### Be Their Voice

Children do not always know how to communicate their frustrations to you. Your job is to teach them how.

### Be Strategic

There are two times when your child is more likely to be receptive: **before** the tantrum starts and **after** its over.

### Keep Cool

Remain compassionate and patient until its over. Compassion can look like grabbing tissues, listening, and being sympathetic.

### Keep Firm

If you say no, really mean no and stick to it. Giving in will not solve the problem. Discussing feelings and coming up with solutions and compromises will.

### Be Kind to Yourself

You're only human, every tantrum gives you the chance to grow and change. Staying positives is not only empowering but helps a child put hurdles into perspective.