SOLC PBIS

POSITIVE BEHAVIOR INTERVENTIONS AND SUPPORTS

NEWSLETTER

NOVEMBER 2024

Preparing for the Holidays

The holidays can be stressful for kids and families for many reasons, including unrealistic expectations, financial concerns, and family dynamics. Here are some ways to help reduce stress:

- Set realistic expectations: Don't expect the holidays to make all your problems disappear.
- Plan ahead: Leaving things to the last minute can cause stress.
- Create new traditions: If traditions feel more like obligations, consider simplifying or skipping them.
- Make time for yourself: Taking care of yourself helps you be a better parent.
- Set boundaries: Healthy boundaries can help reduce anxiety and depression.
- Delegate and share responsibilities: You don't need to do everything yourself.
- Limit sugar: The holidays can be a time for food temptations.
- Spend positive time together: Having fun together can strengthen your family bond and increase your child's confidence.

PBIS Helpful Hints

~~REMIND INSTEAD OF CORRECT~~
Instead of correcting behavior after it happens, we can remind children what we would like to see before a behavior is expected. For example, we can put a sign in the bathroom near the sink to “Wash your hands.” Children can even help create these signs and brainstorm what signs might be needed.

Important Dates

- October 24, 2024 11:30-2:00
Fall Party for Families and Students

- October 25, 2024
No School for SOLC Students

- November 27-29, 2024
Thanksgiving Break

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