



SAMPLE MATERIAL

Parent Workshop: Developing Effective Guidelines

Everett Area Elementary School, Pennsylvania (taken from *Raising Healthy Children - Guiding Good Choices*)

Topic: Reducing Behavior Problems

Practice: Collaborative Relationship

This activity is part of a workshop session to help parents develop their children's behavior skills at home. This session is dedicated to the Law of Least Intervention, which arranges the choices parents have about shaping their children's behavior on a continuum based on the amount of time, effort, unpleasantness, and disruption they require. This continuum identifies developing and communicating clear, effective guidelines as taking the least effort to shape children's behavior while in a way that teaches skills and maintains positive interpersonal relationships.

As part of this activity, the workshop instructors go through familiar scenarios encountered by parents and children at home and propose ways parents can teach and reinforce behavior guidelines. The strategies offered parallel those teachers use to teach and reinforce classroom behavior rules.

Schools may encourage parental attendance by communicating the benefits of workshops and offering incentives such as a lottery for gift cards. Each workshop activity is designed to engage parents in actively thinking about applying the workshops materials to help overcome

everyday challenges. Workshops can help develop a shared vocabulary among teachers and parents and a common skill set to be taught in parallel at school and home.

Workshop Leader’s Guide

Activity 4

5 minutes

Developing Effective Guidelines

Objective

Explain how to develop and use effective guidelines.

Note to Workshop Leader: This is the first time you will use the Law of Least Intervention poster. As you talk about effective guidelines, have your Co-leader place a sticky note labeled “Teach Guidelines” at the far end of the continuum, above the arrow.

We are now going to learn one of the tools you can use to apply the Law of Least Intervention. Developing and communicating clear, effective guidelines is one of the best ways to shape your child’s behavior in a way that teaches skills and maintains strong bonds. Guidelines are the way we communicate our healthy beliefs and clear standards to our children. (Point to “Healthy Beliefs” and “Clear Standards” on the SDS Tree.) Take one minute and review with your partner why healthy beliefs and clear standards are important for healthy development.



Debrief

by asking one or two groups to share their responses.

Let’s take a minute to think about situations where you have encountered guidelines. You might think of the guardrails on the side of the freeway as guidelines. Has anyone ever been bowling and used those “bumper guards” that keep your ball from going in the gutter? What other kinds of guidelines do you have in your life?

Take a few responses.



Brainstorm

Label an easel sheet with “How Guidelines Help Children.”

Let’s take a minute to think about how guidelines can help our children.

Record answers on easel sheet.

Great ideas. Here are some other purposes of guidelines.

