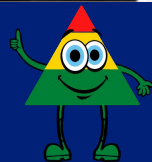


Dearborn Elementary Charter Academy

Strengthening Family Connections through Check-Ins and Community Building



Learning Objectives

- Understand the importance of using check-ins and community building activities
- Learning how to implement check-ins and community building activities at home





happy

dedicated

cheerful

confident

hopeful

caring

kind

Today, I
choose to be...

sincere

successful

grateful

cool

inspire

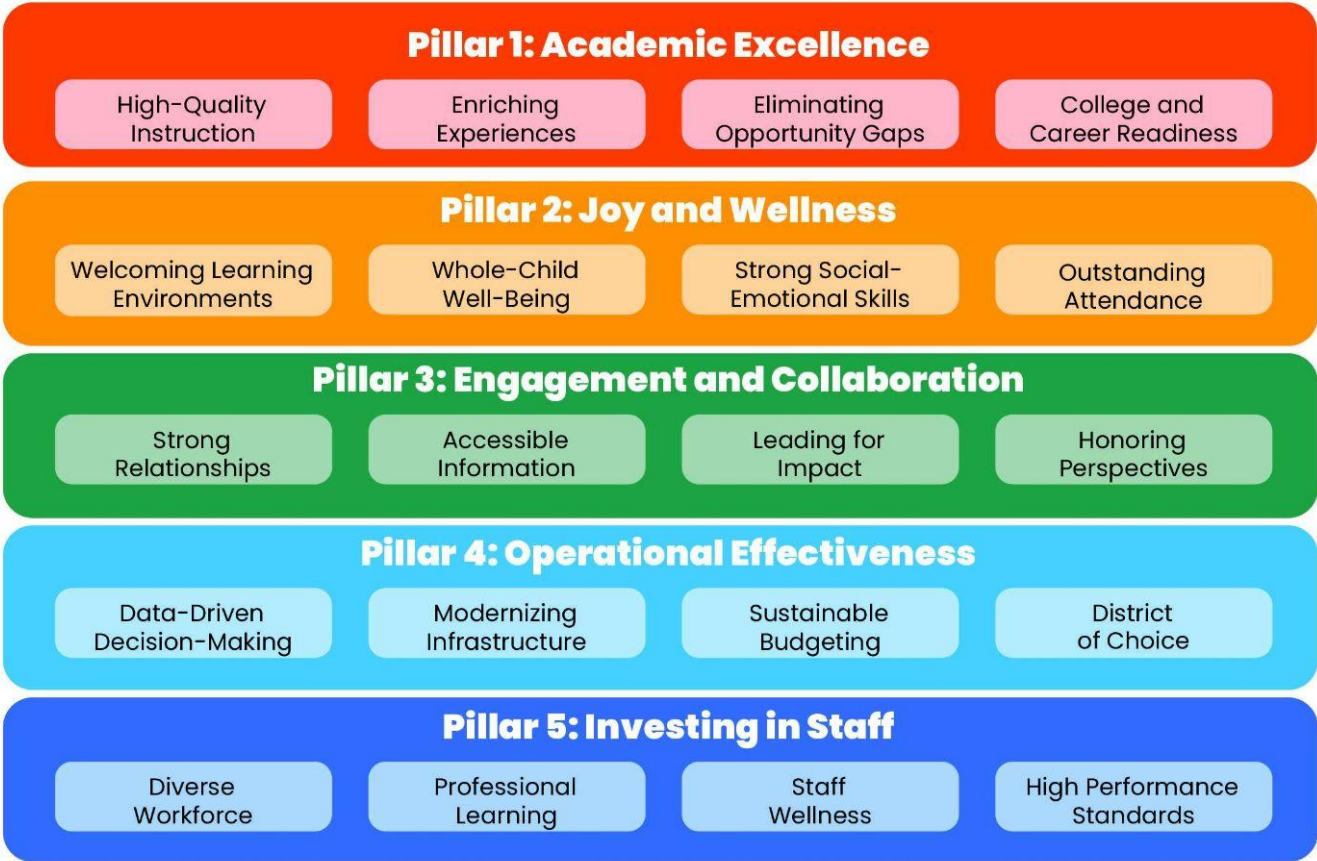
loving

calm



Priorities

Each pillar and priority work together in a coherent system to provide an exceptional education program to ensure all students graduate ready for the world.



What is PBIS/RP?


Positive Behavior Interventions and Supports (PBIS)	Restorative Practices (RP)
<p style="text-align: center;">Proactive, evidence-based approaches to discipline that promote equity and accountability</p>	
<ul style="list-style-type: none"> ● Utilizes a 3-tiered framework to support ALL students' success ● Emphasizes prevention through systems change ● Integrates and enhances data, systems and practices 	<ul style="list-style-type: none"> ● Promotes reflective thinking and collaborative problem solving ● Emphasizes community building and repairing harm ● Fosters resilience through authentic, positive relationships

PBIS/RP 4 Unifying Features



We are
**SAFE
RESPECTFUL
RESPONSIBLE
RESILIENT
RESTORATIVE**

Creating Expectations

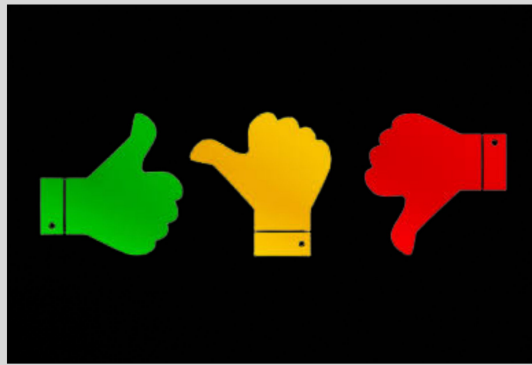


4 POSITIVE INTERACTIONS
1 CORRECTIVE INTERACTION
4:1

4:1-Connection Over Correction



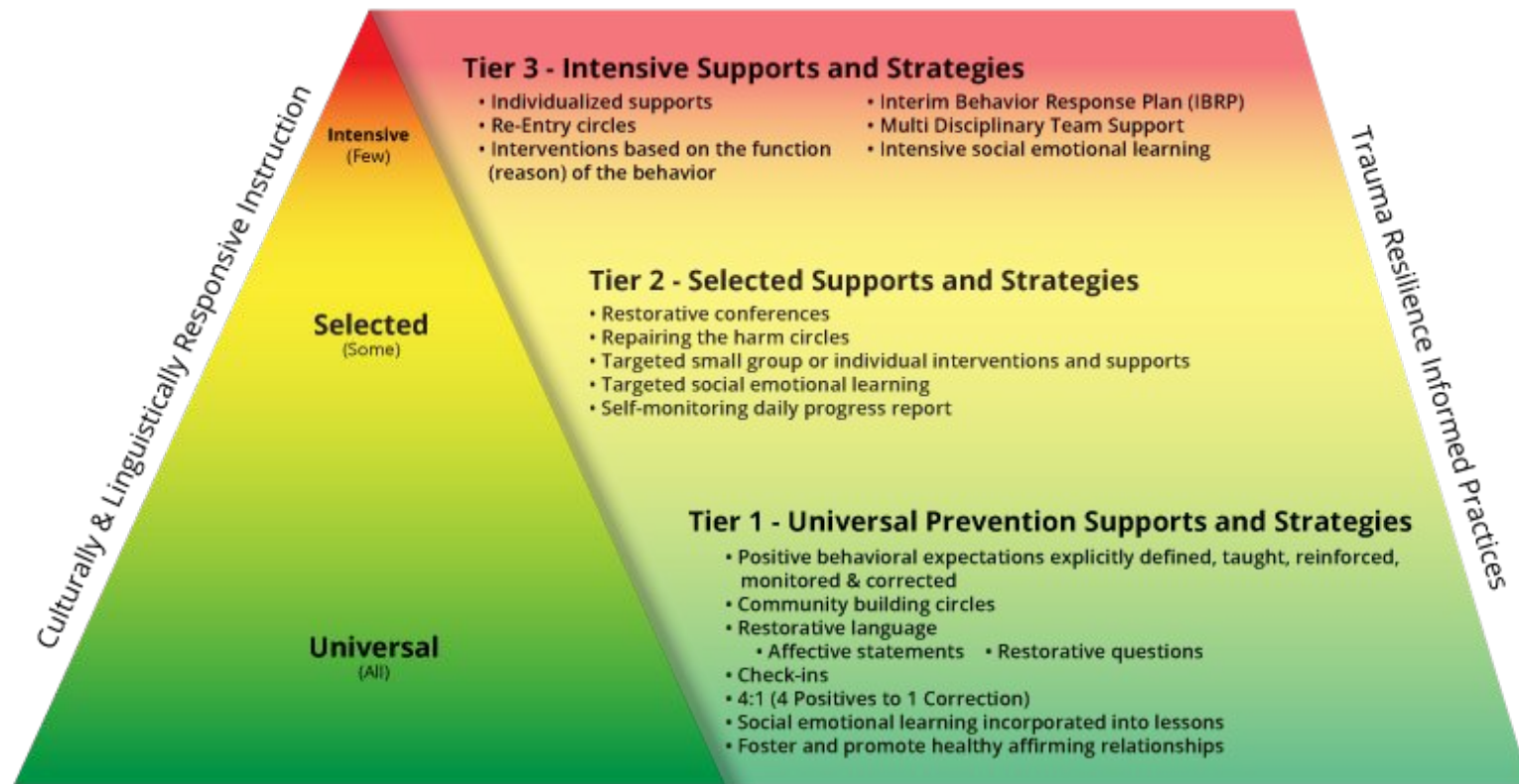
Community Building Activities



Check-Ins/Check-Outs

PBIS/RP Integrated Continuum of Supports and Strategies

These tiers refer to levels of support that students receive, not to students themselves.



Data-Based Decision-Making - Continuous Progress Monitoring



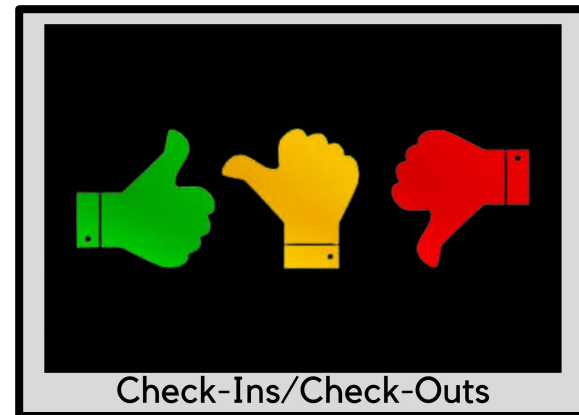
Check-ins & Community Building Activities

- Understand another person's perspective
- Communicate this understanding with feeling, caring and without judgment



Check-In/Check-Out

- Set the tone for the day
- Practice self-awareness
- Temperature gauge
- An opportunity to discern the need for any intervention or support



How did your parents,
caregivers, or
guardians check-in
with you when you
were a child?



How Do We Show We Care?

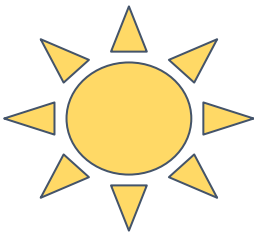


Throughout the day...



- Morning
- Afternoon
- Night Time





Morning



Once they wake up



During breakfast



On the way to school



After School



Before starting
homework



Eat a snack



Walking



Playing a game
or an instrument



Night Time



At dinner time



End of day conversations



Story time



Tucking in at bedtime

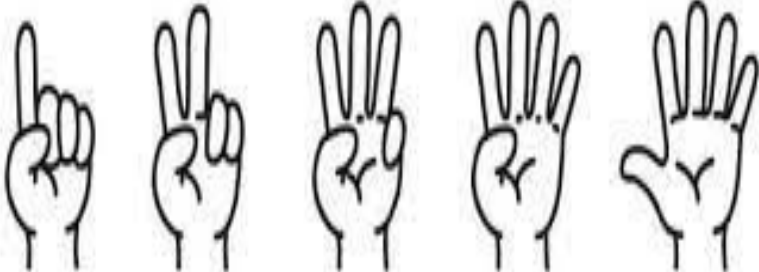
Check-Ins/Check-Outs

HOW ARE YOU FEELING TODAY?



1 2 3 4 5

grumpy sad tired happy excited



1 2 3 4 5

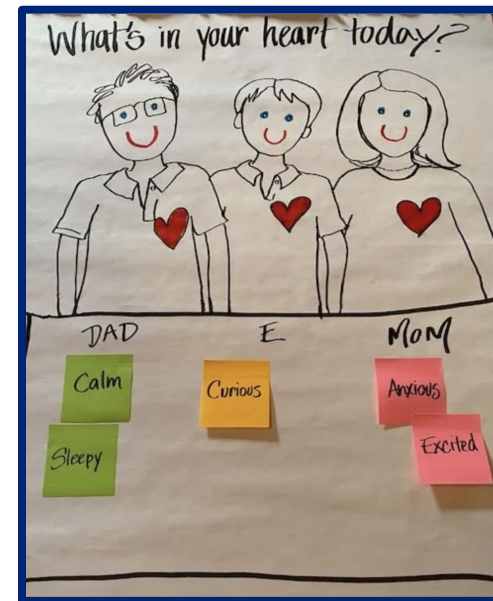
Check-Ins/Check-Outs



Whiteboards
& Post-its



Journal



Post-its



**How do
you show
love to
your child?**



Why is it Important to Know the Emotions of Your Child?

Knowing the emotions of your child leads to:

- Builds empathy, trust and respect.
- Improves communication which increases unity and stronger family bonds
- No more guessing!!!



Community Building Activities



Community Building Starts With One Person!



Reflecting on our emotions can have a positive effect on our family and the community as a whole.



How Are They Strengthening Family Bonds?



Examine the pictures and share.



Building Family Connections

Unique Family Traditions

- Cooking a family recipe
- Outings with your child
- Having movie nights
- Storytelling from our ancestors
- Playing games or sports
- Barbecuing



Why is Empathy Important in the Household?

- Builds connection
- Prevents conflicts
- Key to conflict resolution
- Helps to heal painful experiences
- Provides sense of safety



Sample Questions that Promote Family Connectedness

- What was the best part of your day?
- How did you help somebody today?
- What is something positive your teacher told you this week?
- What is something you appreciate a friend did for you today?
- If you could change one thing about today, what would it be?

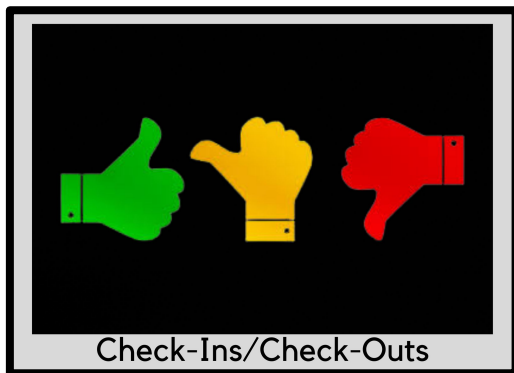




**What is a family
tradition in your home?**



Key TakeAways



- Check-in & check-out with your children at least twice a day.
- In the morning and before bedtime are great times.



- Building family connections increases long life relationships.
- Use family traditions as opportunities to build family connections.

Check-Out

Take the popsicle you need for the rest of the day.



PEACE OF MIND



TRUE CONNECTION



SAFE FREEDOM



SOFT COMFORT



NEW PERSPECTIVE



ZERO DOUBTS



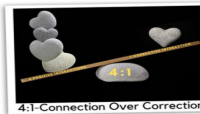
GOOD NEWS



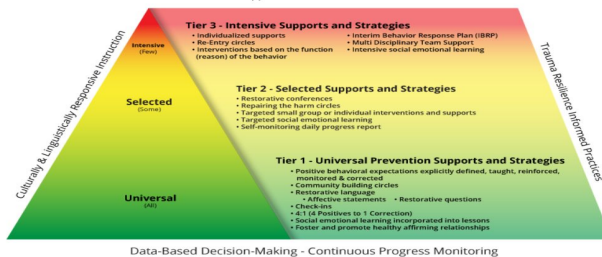
ACCEPTANCE OF NOW

https://www.lausd.org/PBIS_RP

4 Unifying Features of PBIS/RP



PBIS/RP Integrated Continuum of Supports and Strategies
These tiers refer to levels of support that students receive, not to students themselves.



[Learn more](#)

School-wide and Classroom Tier 1 Look Fors
Evidence-based strategies to implement Tier 1

[Learn more](#)

Social Emotional Supports and Community Building including Responding to Disruptions

[Learn more](#)



Questions/comments:
[lausd.org/PBIS_RP](https://www.lausd.org/PBIS_RP)



We'd Love Your Feedback!

Please complete our short
PBIS/RP feedback form!

Presentation Title:

Strengthening Family Connections through
Check-Ins and Community Building



Presenters:

Ashley Miles