Families & Caretakers,

We know times are tough. We want to support you at home. With your kids learning from home you are going to need some strategies to help your days run smoothly.

Try PAX - we use it at school, too! It will help you manage and support your kids at home!

What is PAX? PAX is peace, productivity, health, and happiness. Don't we all need a little more of that in our lives?

Check out these simple strategies! Click the image on each card to watch a video with more information about the strategy!
Beat the Timer

**HOW?**
- Challenge your kids to complete a task in set amount of time!
- Set a timer & praise them while they work!
- Celebrate when they beat the time & encourage them when they do not!

**WHY?**
Making it a fun challenge positively **motivates** kids without having to nag or raise your voice.

**Example:** I wonder if you can work together to pick up all these toys in 4 minutes! You can? Let's see - Ready, set, go! WOW! you are such fast workers! I appreciate your teamwork!

Kudos Notes

**HOW?**
- Notice great things that your kids are doing - working hard, listening, sharing, using patience, following directions, getting along...
- Write a note recognizing what you saw!
- Read it to your child and proudly display it in your home!

**WHY?**
It feels good to **recognize the good** in our kids and create special family moments. Written notes will boost your kids confidence and promote more positive behavior.

**Example:** Dear Anthony, I was so impressed with how focused you stayed on your work today! You worked so hard and kept a positive attitude. I am proud of you, buddy!