



pax tools

SIMPLE STRATEGIES FOR TEACHING KIDS BEHAVIOR

Do you want to reduce conflict? Have better relationships?
Help your children manage their own behavior?
You need PAX Tools!

Join us for a **FREE** upcoming workshop:

WHO:

WHEN:

WHERE:

TIME:

RSVP:

FREE PAX TOOLS KITS!

What are PAX Tools?

PAX Tools is a collection of evidence-based, trauma-informed strategies to improve cooperation and self-regulation with youth. PAX Tools draws on decades of science to create strategies that support parents, youth workers, and other caring adults to create a nurturing environment that ultimately helps kids thrive!

Do the Tools work?

According to over 40 years of research at places like John's Hopkins University and Wright State University, for every 100 first graders that get the kernels in school through the PAX Good Behavior Game, we'd see some great results when they reach age 21:

- 7 more kids will not be smokers
- 4 more kids will not be alcohol dependent
- 12 more kids will not be drug dependent
- 1 more kid will not commit violent crime
- 11 more kids will not need mental health services
- 7 more girls will not feel suicidal
- 9 more girls will graduate from high school
- 7 more boys will attend college

Who should attend a PAX Tools training?

PAX Tools is intended for any caring adult who interacts with children, such as parents, caregivers, professionals and volunteers. Caregivers who participate in PAX Tools trainings will receive the materials they need to effectively use PAX Tools with children, including the PAX Tools App.

PAX TOOLS-WE BUILD GREAT KIDS!



Tool #1: Shared Vision

Shared Vision ensures that young people and adults are on the same page with expectations as well as possible pitfalls for the upcoming activity.

Tool #2: Low Emotional Response

Low Emotional Responses allow adults to provide instantaneous, neutral, non-verbal feedback for individuals without embarrassment or interruption of an activity.

Tool #3: Beat the Timer

Beat the Timer allows young people block out distractions and stay on task to the finish.

Tool #4: Random Sticks

Random Sticks help in scenarios when children feel that adults are playing favorites or not being "fair".

Tool #5: Mystery Motivators

Mystery Motivators jumpstart motivation for completing tasks and carrying out positive behavior.

Tool #6: Kudos Notes

Kudos Notes are written letters of appreciation that identify and increase the behavior we want more of.

Tool #7: PAX Breaks

PAX Breaks are used to stop growing tension, teach children and adults to recognize when they are getting upset, and provide emotional and physical space to calm down.

Tool #8: PAX Amends

PAX Amends allows adults and young people to use restorative consequences when natural and logical consequences are not available.

Tool #9: PAX Focus

PAX Focus increases communication, expectations, and psychological safety between young people and adults as well as promotes youth self-regulation.



FIND OUT MORE AT PAXTOOLSOHIO.ORG