



**Positive Ways to Address Challenging
Behaviors in Early Childhood
Thursday, June 25, 2020**

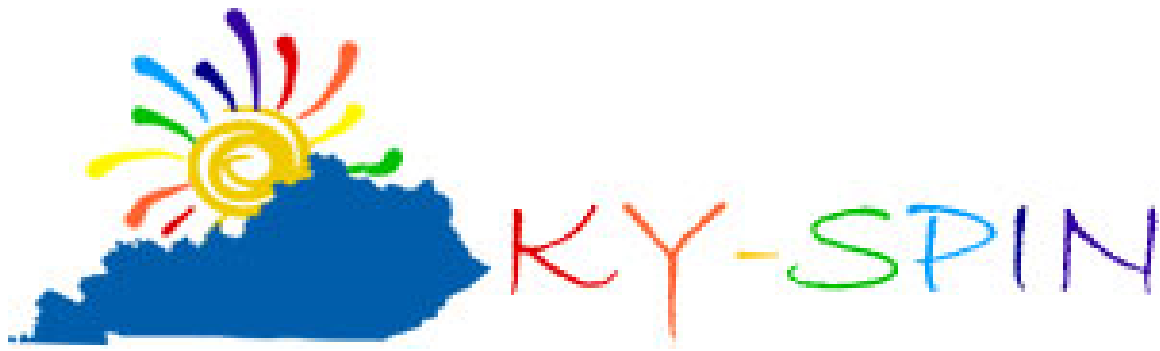
KY-SPIN

(Special Parent Involvement Network)

Parent Training & Information (PTI)

Center

Funded by the U.S. Dept. of Education under IDEA since 1988 when Kentucky first received a PTI. KY-SPIN Parent Center provides training, information and support for children and youth with all types of disabilities (birth through 26 years old), their parents, families, and professionals.



We do NOT:
Act as Attorneys

We DO:



- ♥ Empower Families to Effectively Advocate for their Children
- ♥ Provide peer support to help families access needed information and resources

WELCOME



CHAT BOX:
*Why you are interested
in the topic of
challenging behaviors
in early childhood?*

Positive ways to address challenging behaviors in early childhood

Joanne Rojas, PhD
University of Kentucky
Human Development Institute



Positive Family Networks & Supports Initiative

- Funded by Association of University Centers on Disabilities (AUCD) & the Centers for Disease Control (CDC)
- Innovative Community of Practice on Parenting, Behavioral Concerns & Strategy.
 - Human Development Institute @ University of Kentucky
 - KY-SPIN
 - Commonwealth Council on Developmental Disabilities

Sharing Resources

- Online Family Interaction Training (FIT) for Early Care & Education (ECE) providers and other professionals who work with families with children with behavioral concerns. (Launches in July!)
- Embed this learning and other CDC resources into practice with providers, KY-SPIN trainings, and families across Kentucky and beyond.

Learn the Signs. Act Early.

www.cdc.gov/ncbddd/actearly/

Free milestone trackers & checklists



CDC's FREE Milestone Tracker App

Download on the App Store

GET IT ON Google Play

Learn more at cdc.gov/MilestoneTracker

Your Baby at 9 Months



Child's Name _____ Child's Age _____ Today's Date _____

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by the end of 9 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

What Most Babies Do at this Age:

Social/Emotional

- May be afraid of strangers
- May be clingy with familiar adults
- Has favorite toys

Language/Communication

- Understands "no"
- Makes a lot of different sounds like "mamamama" and "bababababa"
- Copies sounds and gestures of others
- Uses fingers to point at things

Cognitive (learning, thinking, problem-solving)

- Watches the path of something as it falls
- Looks for things he sees you hide
- Plays peek-a-boo
- Puts things in her mouth
- Moves things smoothly from one hand to the other
- Picks up things like cereal o's between thumb and index finger

Movement/Physical Development

- Stands, holding on
- Can get into sitting position
- Sits without support
- Pulls to stand
- Crawls

Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't bear weight on legs with support
- Doesn't sit with help
- Doesn't babble ("mama", "baba", "dada")
- Doesn't play any games involving back-and-forth play
- Doesn't respond to own name
- Doesn't seem to recognize familiar people
- Doesn't look where you point
- Doesn't transfer toys from one hand to the other

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to www.cdc.gov/concerned or call 1-800-CDC-INFO.

The American Academy of Pediatrics recommends that children be screened for general development at the 9-month visit. Ask your child's doctor about your child's developmental screening.

Adapted from Caring for Your Baby and Young Child: Birth to Age 5, Fifth Edition, edited by Steven Shovel and Tarja Renner Altman © 1991, 1993, 1996, 2004, 2009 by the American Academy of Pediatrics and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, Third Edition, edited by Joseph Hoag, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Six Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

www.cdc.gov/actearly | 1-800-CDC-INFO



Learn the Signs. Act Early.



One Word

CHAT BOX:

What one word or phrase describes what it is *really* like raising small children?

Managing Expectations

- Understand what is developmentally appropriate for your child's age and stage.
- Remember that every child's developmental path is different.
- Educate yourself about any additional differences that may affect growth and behavior (disability status, health status, adverse childhood experiences, transitions, etc.)

“

Cleaning your house while
your kids are still growing is
like shoveling the sidewalk
before it stops snowing.

Phyllis Diller



”

3 Strategies for Addressing Challenging Behaviors

- Strengthen the Parent/Caregiver-Child Relationship
- Structure Environments that Prevent Misbehavior
- Positively Address Misbehavior



5 Ps of Strong Relationships

- Parenting/caregiving with sensitivity & responsiveness
- Positive attention
- Praise
- Play
- Predictability



How To Be Sensitive & Responsive

- Active listening
- Reflection
- Labeling emotions
- Using gestures



“

Hi, my daughter will be late to school because she can zip her jacket by herself.

Twitter handle: @ksujulie



”

Positive Attention

- Strategic attention
- Active ignoring



“

Feeling good about ourselves is essential in
our being able to love others.

”

Mr. Rogers



Praise

- Be specific
- Focus on effort & process
- Praise right away





IMG_1326.jpg

“

Play is really the
work of childhood.”

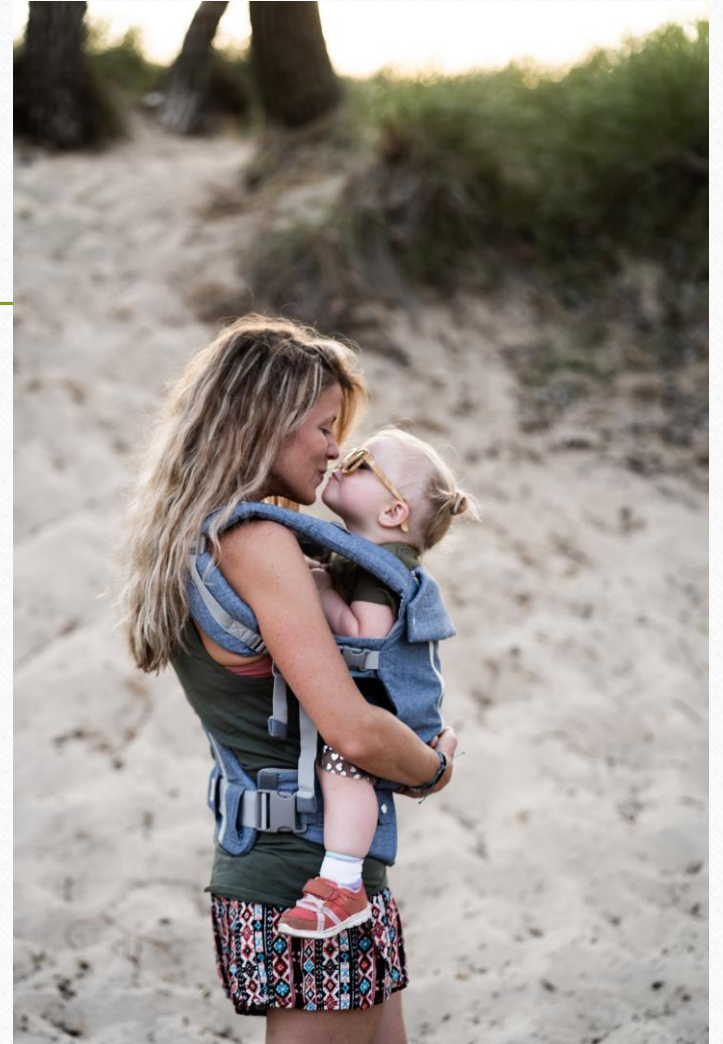
Mister Rogers



”

Play—3 Core Principles

- Supporting responsive relationships
- Strengthening core life skills
- Reducing sources of stress



Play—How Tos

- Schedule playtime
- Choose your toys
- Follow their interests



Predictable Environments that Prevent Misbehavior

- Predictable routines & structure
- Plan ahead for problems
- Practice naming emotions



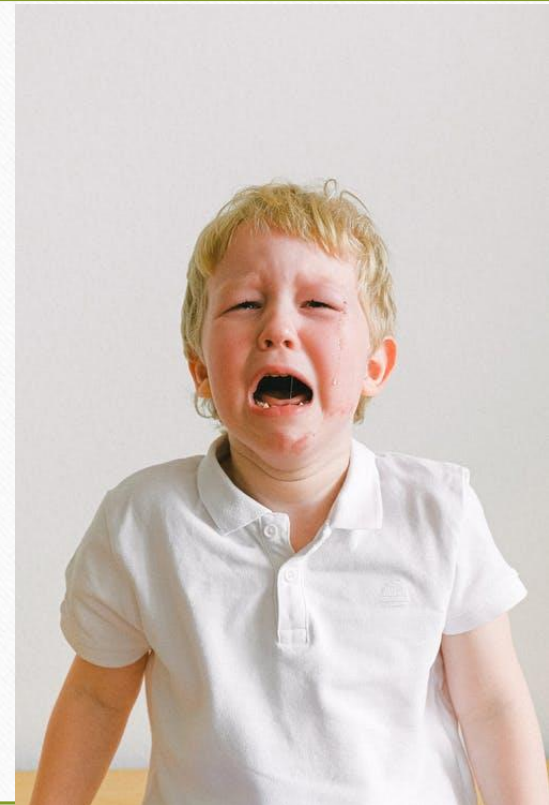
Positively Address Misbehavior

- Meltdowns and misbehaviors may occur—have a plan
- Manage future behavior with consistency today
- Maintain your own well-being



Logical Consequences

- Give a warning
- Give a 2nd explanation
- Be consistent and follow through



Encouragement for Others

CHAT BOX:

What is the most encouraging thing someone has shared with you about raising young children?



“

A two-year old is kind of like having a blender, but you don't have a top for it.

”

Jerry Seinfeld



Mindfulness and Modeling Self-Care

- Mindfulness
- Deep breathing
- Social emotional learning



“

When my kids become wild and unruly, I use a nice safe playpen. When they're finished, I climb out.

”

Erma Bombeck



Grounding 54321

- Name 5 things you can see in the room with you.
- Name 4 things you can feel (“chair on my back” or “feet on floor”)
- Name 3 things you can hear right now (“fan blowing” or “tv”)
- Name 2 things you can smell right now (or, 2 things you like the smell of)
- Name 1 good thing about yourself

Source: www.ibiblio.org/rcip//copingskills.html

Contact me!

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Any questions?



Questions??



Questions are the path to learning



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Thank you!