



Helping Little People Manage Their Behavior: It Really Does Take A Village!

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Dr. Susan Clark
The University of Southern Mississippi*

When You Hear “Challenging Behavior”
What Do You think About?



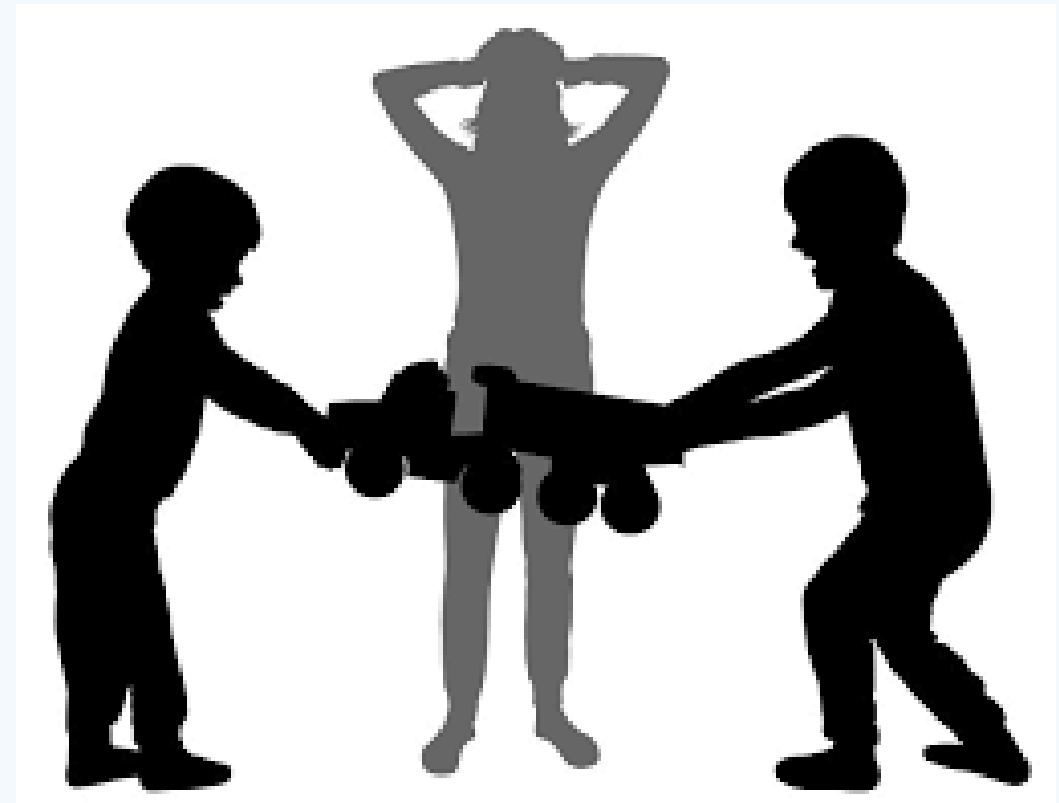
Challenge Behaviors



- Any Persistent behavior negatively affecting a child's learning/interaction with friends or adults
- Often displayed as a wide range of emotions in a short time and used to express little people's feelings/emotions

Challenge Behaviors

- Tantrums
- Hitting, Kicking, Biting
- Throwing things
- Fighting
- Refusing
- Struggling to Listen
- Struggling to Follow Directions



Why Do You Think Little People Struggle with Challenging Behaviors?



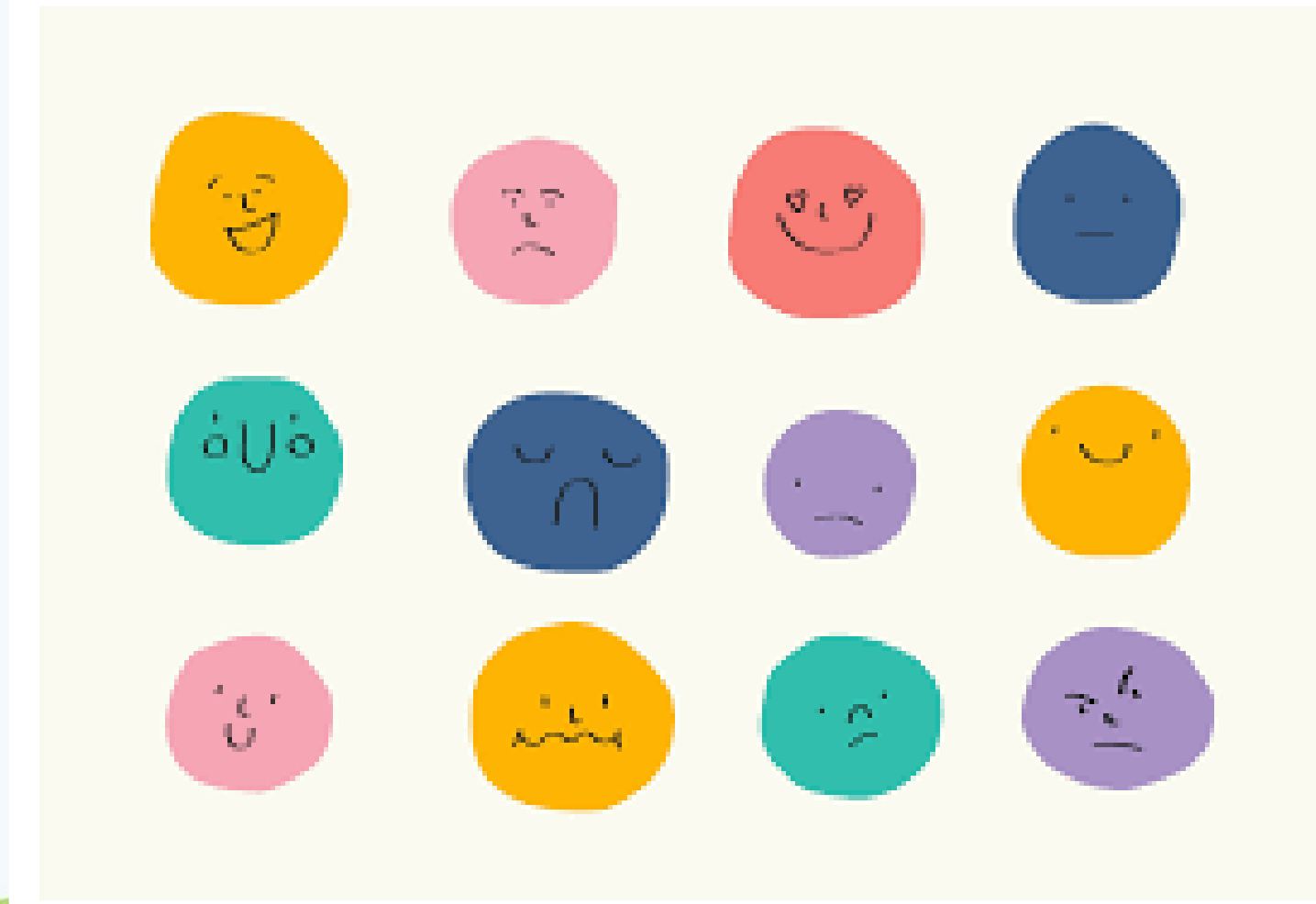
The Struggle is Real & Here's Why!

- Communicating needs & feelings-Still Learning*
- Behavior Expectations-Unknown*
- Rules-None/Unclear*
- Consistency- Not There*
- System Overloading*
- Positive Relationships-Not Enough*



“Behavior Management”

How Does this Make you Feel? Why?



Behavior Management: What It Is & What it Ain't !

- *Guidance*
- *Intentional*
- *Purposeful*
- *Learning Opportunity*
- *Alternative*
- *Consistent*
- *Validating*
- *Awareness*
- *Choices*



- *Big-Emotional Responses*
- *Punishment*
- *Degrading/Shameful*
- *Harmful*
- *Retaliation*
- *Inconsistent*
- *Arbitrary*
- *Dismissive*
- *Automatic Apology*



Effective Behavior Management Benefits

- *Develops Self-Regulation*
- *Promotes Social-Emotional Development*
- *Builds Relationships*
- *Develops Trust & Compassion*
- *Promotes Collaboration*
- *Encourages Cooperation*
- *Reduces/Curbs Disruptions*



Behavior Management Strategies: Positive & Effective

1. Create Clear Specific Behavior Expectations
2. Create Structure (Routines & Schedules)
3. Plan Transitions
4. Accentuate/Praise the Positive
5. Incorporate Visual Supports



Behavior Management Strategies: Positive & Effective

1. Create Clear Specific Behavior Expectations

- Proactive approach that uses a system to teach and encourage little people to behave appropriately
- Assists in preventing inappropriate behavior vs reacting to it
- When little people understand the expectation first, they are more likely to engage appropriate behavior

Behavior Expectations	Rules	
Be Safe	 Use Walking Feet	 Sit On Swings
Be Responsible	 Follow Directions	 Put Toys Away
Be Respectful	 Take Turns	 Use Quiet Voices

Behavior Management Strategies: Positive & Effective

2. Create Structure (Routines & Schedules)

- Builds a sense of security
- Align with clear & specific expectations
- Provides framework for learning & development
- Provides consistency, predictability, & assists little people in managing emotions, behavior, and impulses

8:00	Wake Up
8:30	Breakfast
9:00	Get dressed
10:00	Reading time
11:00	Snack
12:00	Outdoor play
1:00	Chores
2:00	Quiet time
3:00	Free time
4:00	Free time
5:00	Dinner
5:30	Family time
6:00	Family time
7:00	Get ready for bed
8:00	Bedtime

Behavior Management Strategies: Positive & Effective

3. Plan Transitions

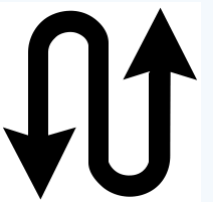
- Use transitions signals, visual and auditory cues help little people understand when one activity is ending, and another is beginning.
 - Macaroni and Cheese, Everybody Freeze!
 - I'm Looking to See Who's Following Directions!
 - 1,2,3, All Eyes On Me!
- Maintain consistency – if we say it, let's do it!
- Use reminders/timers to reduce conflict
- Transitions: Home to school, school to home, inside to outside, outside to inside, One activity to another activity, nap to snack, lunch to nap



Behavior Management Strategies: Positive & Effective

4. Accentuate/Praise the Positive

- Can increase the occurrence of appropriate behavior, promote positive adult-child relationships, support a positive learning environment
- Behavior Reflection, neutral non-judgmental statements that describe children's behavior, helps children learn that they can get attention from an adult for routine actions vs extreme behaviors
- Redirection, preventive way to directing little people from an inappropriate behavior to an alternative more appropriate behavior



Behavior Management Strategies: Positive & Effective

5. Incorporate Visual Supports

- Increases understanding of expectations
- Aids in little people's expressive communication
- Assist in preparing for changes/transitions
- Develop concepts of time
- Makes abstract information more concrete



Why Might There Be Some Challenges/Resistance to Some of the Strategies Shared?



Behavior Management: Who Should Be In Our Village?

- Families-Parents
- Extended Family Members
- Classroom Teachers
- Early Childhood Educators
- Mental Health Consultants
- Child Behavior Specialist
 - Child Psychologist
 - Clinical Counselor
 - Behavior Analyst
- Support Groups



Conclusion

- *Challenging Behaviors Happens for a Reason- Be Proactive!*
- *Behavior Management does NOT Have to Be Negative*
 - *Intentional, Patience, Consistent*
- *Effective Behavior Management Helps*
 - *Little people positively grow & develop in all areas*
- *Positive & Effective Behavior Management Includes:*
 - *Clear Specific Behavior Expectations*
 - *Structure (Routines & Schedules)*
 - *Planned Transitions*
 - *Positive Praise*
 - *Visual Supports*
- *You Don't Have to Go It Alone- Build Your Village of Support!*



Thank You!



Dr. Susan Clark
susan.clark@usm.edu



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