



Behavior is the Window
into a Child's World



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Leaps and Bounds Program**

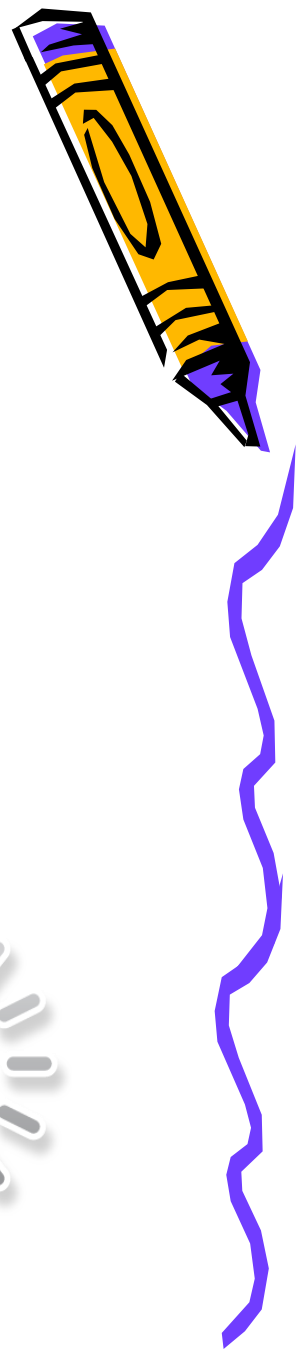
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Stanislaus County Children and Families Commission



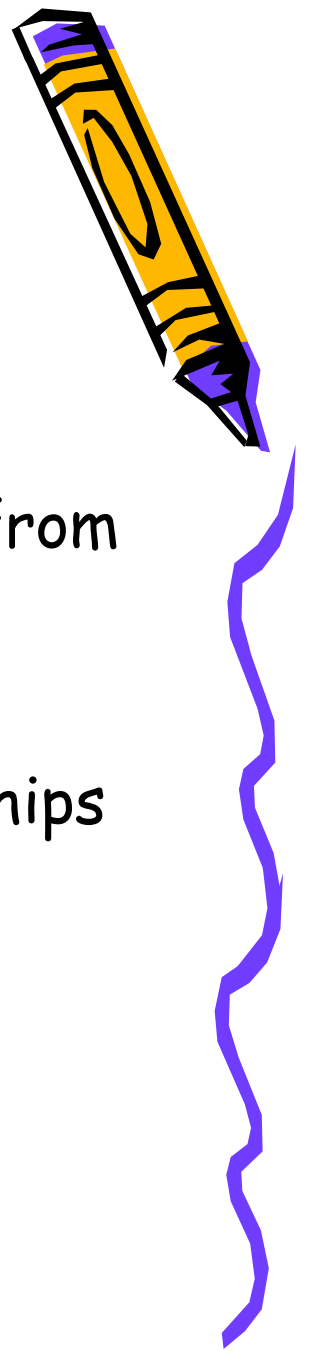
Get Ready

Good morning, good morning
Let's get ready the brain smart way
Good morning, good morning
Get ready to start the day
Get your hands ready-shake, shake
Get your arms ready- stretch, stretch
Get your brain ready- cross, cross
Get your focus ready- breathe, breathe
(Repeat All)

Dr. Becky Bailey, It Starts In the Heart, music CD



Early Social Emotional Development



Early **mental health** or **early social emotional wellness** is the developing capacity of the child from Birth to 3 to:

- Experience, regulate and express emotions
- Form close and secure interpersonal relationships
- Explore the environment and learn all in the context of family, community and cultural expectations for young children.

Zero to Three 2001





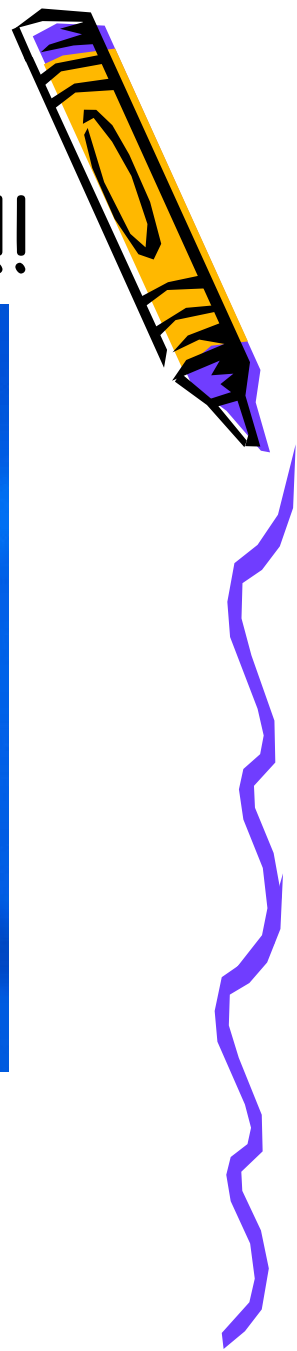
clip 1.1



0-3 CHALLENGING BEHAVIOR!!!



One persons challenge, is another's treasure!



CSEFEL Definition of Challenging Behavior



- Any repeated pattern of behavior that interferes with learning or engagement in pro-social interactions with peers and adults
- Behaviors that are not responsive to the use of developmentally appropriate guidance procedure

The Center on the Social and Emotional Foundations for Early Learning



Consultation Services

Reflective Consultation -aka- Reflective Supervision

Built on a Relationship Model

One Relationship is the Beginning of Many

Utilizes a Systems Approach

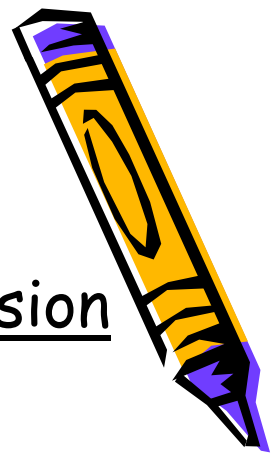
Mental Health Component

Knowledge of Child and Adult Development

Goal

To work together to understand the meaning of a child's behavior and what impact the relationships with their caregivers, teachers, and parents is having on them.

To raise self awareness of how thoughts and feelings may be impacting the relationships around us.



Social and Emotional
Development Occurs
within the Context of
Relationships



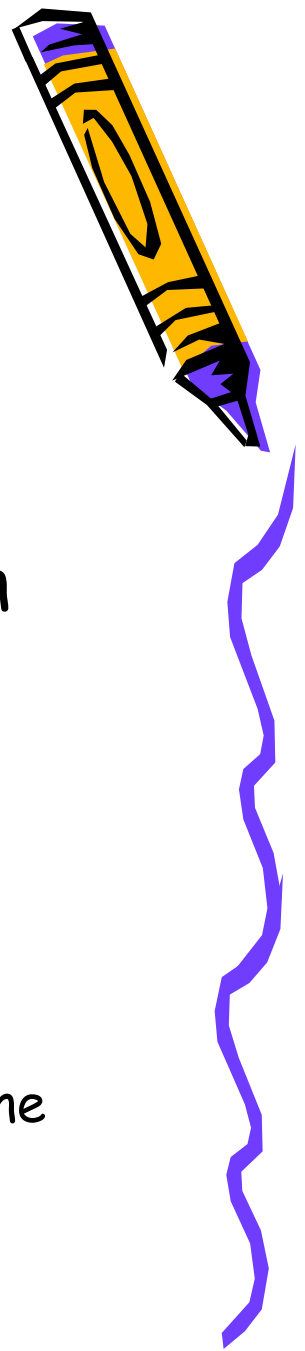
Connections on the outside build
connections on the inside



= Behavior
is
Communication



Canary in the coal mine



Psychology 101

Thoughts = Feelings = Actions



We are the teachers helping them learn how
to Think and Feel and Act





clip 3.1

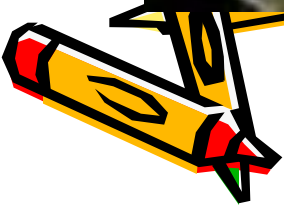


Golden Key ~ROAR~

- Relationship
 - Trust
 - Communication
- Observation
 - Reasons for Challenging Behaviors
 - Without Interpretation
- And
- Reflection
 - Situation
 - Others
 - Self



Relationship and Communication



Outside - In

Linda Brault, Children with Challenging Behavior

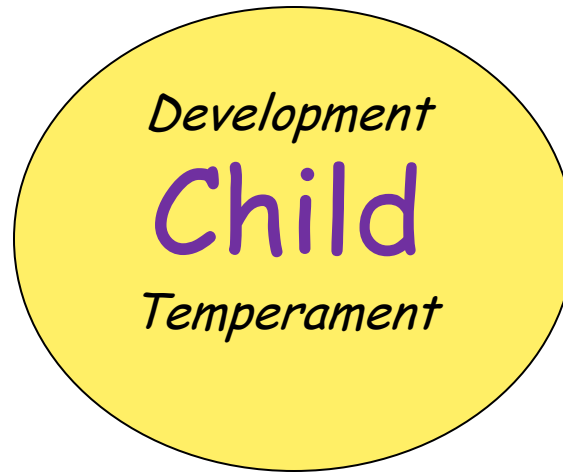


Environment

Home

Classroom

Curriculum



Site Dynamics

Relationships

Caregiver

Family

Peers

Rituals and Routines





Why is the behavior happening?

- **Developmental stage?**
 - Is it within normal behaviors for that age group? Ex. biting 1-2 years
- **Medical reasons? Developmental Delays?**
 - Ex. Ear infections, sleep apnea, cognitive, speech and language
- **Individual differences?**
 - Ex. Temperament
- **Social emotional environment issues?**
 - Ex. Classroom set up, sensory issues



More reasons why

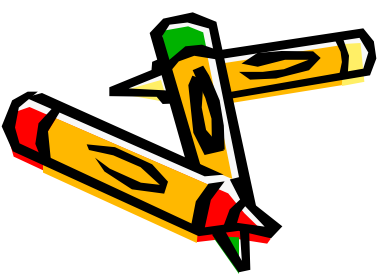
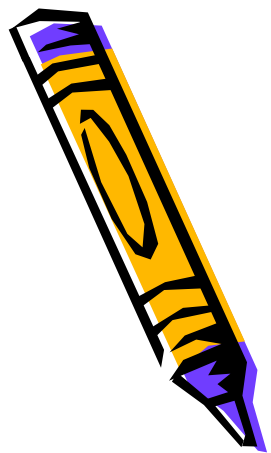


- **Physical need?**
 - Ex. Hungry, tired, sick
- **Lack of skill in communicating and interacting with others**
- **Discontinuity between care program and home?**
 - Ex. Sleep and Feeding
- **An unmet emotional need?**
 - Ex. Lack of parental attunement or bonding

A combination of one or more



Get Funky



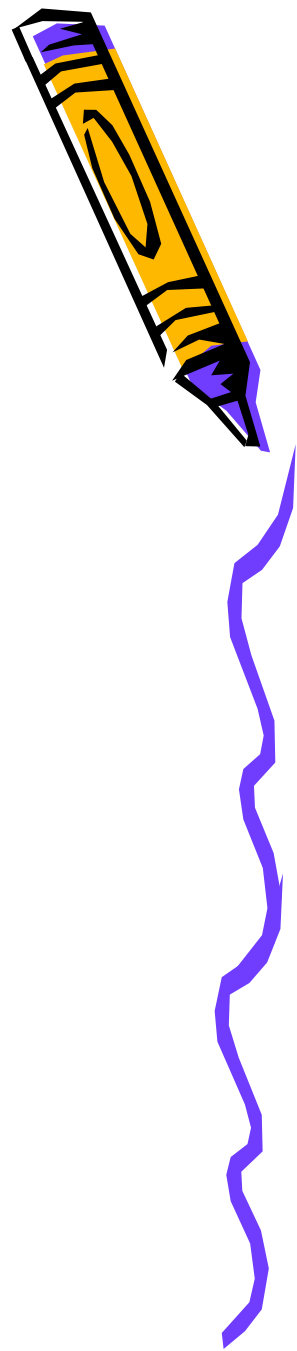
How Challenging Behavior Affects Us



clip 3.2



Case Example

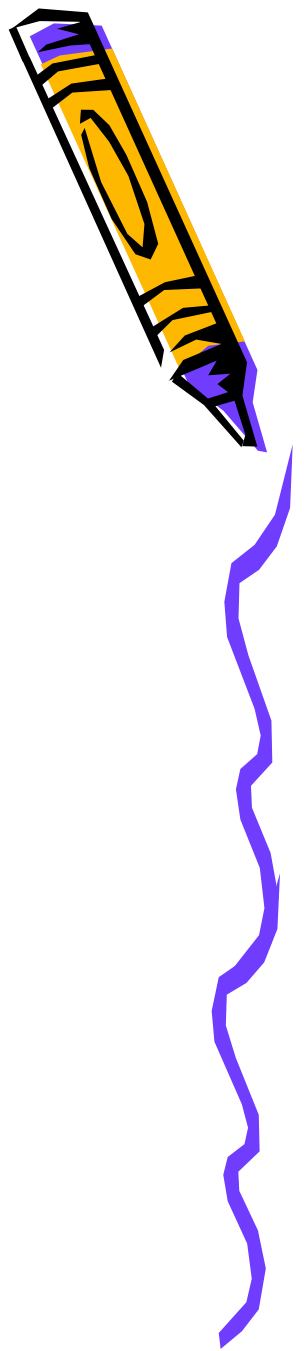


Self Reflection

We've all got our triggers and make mis-takes!



Case Example



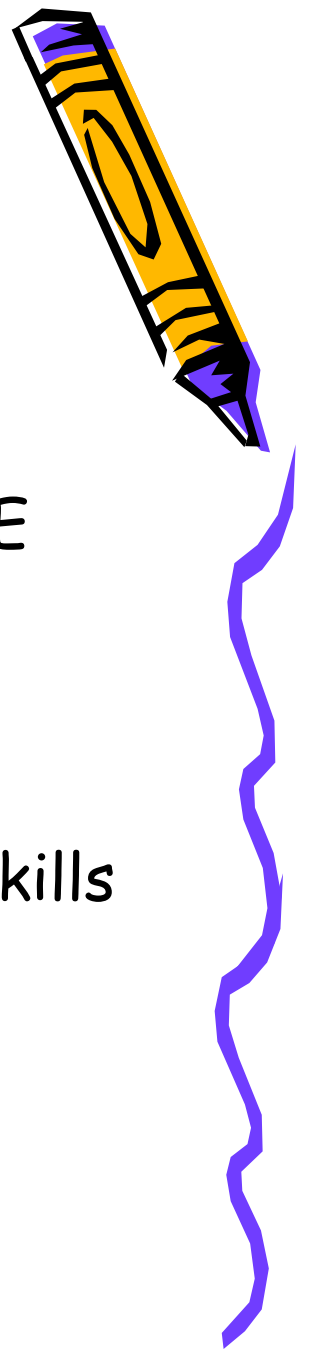
Biting



clip 3.5



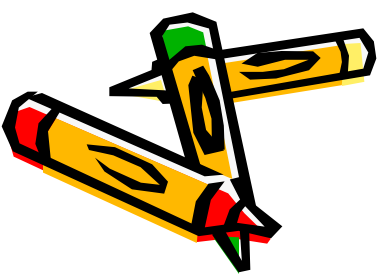
Interventions from Biting Video



- Help him learn to express his feelings
- Instead of "No" Teach STOP and then PLEASE STOP as language increases
- What we don't see - Invading his space
- Calming activities - Sensory needs
- Caring for the baby doll - Increase Empathy skills
- Mom 7 months pregnant
 - Providing her with education and support
 - Helping to build her confidence as a mom



Case Example



Resources

- www.consciousdiscipline.com
- www.vanderbilt.edu/csefel
- www.zerotothree.org
- www.sensory-processing.com

