



**Training Instructions**  
**Addressing Challenging Behaviors:**  
**Promoting Social Emotional Health in Young Children**  
**Module 1: Children's Behaviors**  
**2 Training Hours**

***COMPONENT 3: CHARACTER BUILDING, 2 HOURS***

***DESCRIPTION***

***Addressing Challenging Behaviors is a training series consisting of 4 separate training modules. Each training module may be taken separately for 2 training hours. Providers must complete each module in sequential order. Child care providers will watch the video vignettes and complete the quiz. Quizzes will be submitted to the IdahoSTARS Training Office for approval. Training hours will be posted after quiz is processed and training evaluation is complete.***

***LEARNING OBJECTIVES***

***Lesson One: Child Development***

Providers will identify resources for supporting appropriate expectations for children's behavior.

Providers will recognize the connection between social emotional development, temperament, and positive adult-child relationships.

Providers will explore intentional teaching strategies to prevent challenging behaviors, buffer risk factors, and build resilience.

***Lesson Two: Challenging Behaviors and Risk Factors***

Providers will recognize challenging behaviors as opportunities to teach children new skills for getting their needs met.

Providers will explore self-reflection techniques for implementing strength-based strategies in interacting with all children, families, and coworkers.

Providers will identify the relationship between children's temperament and their responses to stress, anxiety, or trauma.

### **IDAHO EARLY LEARNING EGUIDELINES**

Multiple strategies in the Idaho Early Learning eGuidelines emphasize the importance of appropriate expectations and intentionality in the child care environment which includes responsive caregivers and evidence based discipline practices. These are summarized in the Essential Practices within the guidelines:

“Ensure that children are provided with caregivers who interact in consistent and caring ways.”

“Use supportive verbal, visual, and physical cues in interactions and activities.”

“If the child needs extra support, simplify complicated tasks by breaking them into smaller parts or reducing the number of steps.”

“Encourage children to play and form relationships with other children.”

“Observe, recognize, and support children's unique ways of approaching new information and expressing themselves; taking into consideration their temperaments, inclinations, and attitudes.”

“Provide a range of experiences to all children even though their responses may differ and some children may need adaptations.”

“Individualize experiences, activities, interactions, and instructions to meet the needs of each child.”

“Provide continued acknowledgments in ways that reflect children's cultural beliefs and traditions so that all children feel valued. Support a sense of competence.”

“Help children learn to accept, understand, and manage their emotions.”

“Model and teach conflict resolution and problem-solving skills.”

## **MATERIALS**

1. Turnkey Training DVD Addressing Challenging Behaviors: Promoting Social Emotional Health in Young Children, Module 1: Children's Behaviors. Available for checkout through the Lending Library. Replacement cost is \$149.50.
2. Training Instructions for Addressing Challenging Behaviors and Promoting Social Emotional Health in Young Children
3. Quiz (1 for each module)
4. Inventory of Practices for Promoting Children's Social Emotional Competence

## **INSTRUCTIONS**

- Review training instructions
- Watch training vignettes; Module 1: Lessons One and Two
- Submit quiz
- Quiz approval received
- Complete IdahoSTARS Training Evaluation
- Complete the Inventory of Practices for Promoting Children's Social Emotional Competence. Keep as a working document for increasing these practices. *Optional: consult with IdahoSTARS Child Care Resource Center staff for support.*

***Training hours are approved after quiz is approved and training evaluation is complete. Please note the completion of the Inventory of Practices and follow up with a regional consultant is recommended, but not required or verified for the completion of training hours.***

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