



Addressing Challenging Behaviors Follow-up Reflective Training Questions Module 1: Children's Behaviors

Go through each question before participating in the Follow-up Reflective Training for Addressing Challenging Behaviors: Promoting Social and Emotional in Young Children, Module 1, focused on children's behaviors. Be prepared to discuss the Inventory of Practices and the below topics during the Follow-up Reflective Training.

1. Social and Emotional Health

Complete the Inventory of Practices.

- Identify the strategies that indicate a mismatch between practice and importance, specifically the ones rated as important or very important but practiced seldom or occasionally.
- Choose 5 strategies to pay attention to and create an action plan for increasing those practices.

2. What is a challenging behavior?

Appropriate expectations for children's behavior is key for positive relationships with children. Consider whether a specific behavior is developmentally appropriate for that age, but challenging for you, OR does the behavior affect the child's ability to successfully participate in the program?

- Identify 3 children's behaviors which you find challenging.
- Identify how that behavior makes you feel.
- Consider how your response affects your relationship with the child and their family.

3. Internalizing/Externalizing Behavior

Children who internalize their behaviors can be quiet and easy to miss because their behaviors do not attract attention the way children who externalize behaviors do.

- Identify some strategies that will ensure children who internalize behavior are included, engaged, and using their strengths.

Children who externalize behaviors can evoke very negative reactions from teachers because their behaviors can feel threatening, dangerous, and disruptive to learning for the entire class.

- What is your response to children who use these behaviors?
- Identify strategies that work well and identify others to add to your “toolbox”.

4. Children and Stress

- When you are under stress, what is your typical response pattern: fight, flight, or freeze?
- What have you observed in children’s response patterns?
- How can you respond to support each pattern?

5. Violence, Abuse, and Trauma

Adverse Childhood Experiences (ACEs) have been shown to have long-term impacts on physical and emotional health. High quality early childhood experiences for young children is a protective factor.

- What intentional strategies does your program or business employ to support young children and their families who may be experiencing violence, abuse, or trauma?