



Addressing Challenging Behaviors Follow-up Reflective Training Questions Module 3: Adult'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 3, focused on adult'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. Knowing Yourself

- Identify behaviors children use that trigger you (whining, aggression, etc.)
- If you have a co-teacher or colleague, identify each other's triggers and strategies to support each other.
- "Reframing behavior" is a strategy to use when behaviors challenge us by considering what the child is trying to communicate and restating the problem with an empathetic lens.

3. Effective Praise

- Identify the difference between empty praise and descriptive praise
- How often do you give empty praise without realizing it?
- Develop a strategy to include descriptive praise into your interactions with children.
- Give an example of how descriptive praise can reinforce positive behavior.

4. Avoiding Expulsion

Expulsion is a hot topic right now, as there is extensive research indicating long-term negative impacts on children who are expelled from child care and preschool.

- Were you familiar with the statistics on expulsion in child care and preschool?

The response from the child care profession is to educate on strategies for avoiding expulsion, specifically evidence-based practices for addressing challenging behavior.

- How does the program you work for address expulsion?
- Are there changes you would make?