# Handling Challenging Behaviors—Addressing the Underlying Stressors

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**Master Registered Level Trainer #1420**

## Learning Objectives - Successful learners will:
- Identify ways to buffer the effects of toxic stress in young children’s lives
- Utilize behavior management strategies to prevent and handle challenging, defiant, or explosive behavior

## Sources of Toxic Stress and Other Pathways to Challenging Behaviors

<table>
<thead>
<tr>
<th>Environmental Stressors</th>
<th>ADHD</th>
<th>ASD</th>
<th>SI Issues</th>
<th>Others</th>
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</thead>
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## Responsive Relationships Buffer the Effects of Toxic Stress!
- Use serve and return interactions
- Connect with children
- Use songs & games to promote closeness.
- Notice positive behaviors.

## Connecting with children requires:
- Emotional Warmth
- Close Contact
- Playfulness

(adapted from consciousdiscipline.com)

## Preventing Challenging Behaviors
- Review rules __________________________________________
- Give choices __________________________________________
- Use a safety signal _____________________________________
- Use visuals ____________________________________________

## Managing Challenging Behaviors
- Give empathy __________________________________________
- Stay calm
- Be a detective
- Reflect back what you see, hear, or think the child is feeling

Get curious, not furious!
• Use calming strategies

| Smell the flower, Blow the pinwheel. | STOP BREATHE 1, 2, 3 THINK |


• Teach new skills

How can you teach children...

To ask to play? ___________________________________________________________

To ask to leave circle time? __________________________________________________

To stand up for themselves? _________________________________________________

Other replacement skills? ___________________________________________________

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<tr>
<th>Action Plan</th>
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<td>Relationships</td>
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RESOURCES


Center on the Developing Child, Harvard University. http://developingchild.harvard.edu/

Center on the Social and Emotional Foundations for Early Learning (CSEFEL) http://csefel.vanderbilt.edu/resources/training_preschool.html MODULE 3b


www.consciousdiscipline.com

Good luck with all your challenging behaviors!