Welcome to the Community Solutions 2013 Webinar Series

Moderated by:

Victor Trinidad
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College of Behavioral and Community Sciences
University of South Florida

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Upcoming Webinars

November 07, 2013, 2:00 PM: Kirsten Ellingsen
Part 3: Addressing Problems and Effectively Managing Challenging Behaviors
Parenting Practices & Discipline Strategies that Support Positive Child Development:
Part 2: Promoting Positive Behavior and Reducing Problems

Presented by:
Kirsten Ellingsen, Ph.D.
Department of Child and Family Studies
College of Behavioral and Community Sciences
University of South Florida

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Kirsten Ellingsen, PhD

- **Kirsten Ellingsen, PhD** is an Assistant Research Professor and Director of the HIPPY USA National Research Center at USF. In this role she is responsible for leading the design of a national research agenda and strategy for HIPPY USA, developing collaborative research partnerships, providing evaluation consultation, and securing external funding for conducting national research studies to build the national research center.
Preventing  Promoting  Addressing

Parenting Practices & Discipline Strategies that Support Positive Child Development

Dr. Kirsten Ellingsen, University of South Florida (USF) and National Research & Evaluation Center (NREC) HIPPY USA
Preventing  Promoting  Addressing

**Webinar Goals**

Provide information to early childhood caregivers and program staff about how to help parents address challenging behaviors of young children and identify discipline strategies that promote positive social development and emotional wellbeing.

Discuss practical, research supported strategies for preventing problems and effectively addressing challenging behaviors.

Provide participants information and resources to share with parents.

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Road Map: Webinar Series

Preventing Problems

Promoting Positive Behavior

Addressing Challenges
Part 2: Promoting Positive Behavior and Reducing Problems
Promoting Positive Behavior

Strategies for Promoting Positive Behavior & Reducing Problems
- Special Play Time: Relationships and Positive Attention
- Routines and Predictable Schedules
- Practicing Effective Commands

Preventing Problems

Addressing Challenges

Dr. Kirsten Ellingsen, University of South Florida (USF) and National Research & Evaluation Center (NREC) HIPPY USA
Common Behavior Challenges

Temper Tantrums
  Hitting
  Kicking
  Biting
  Whining
  Arguing
  Talking back
Routines (sleep, meal time)
  Sharing
  Listening
Sibling rivalry
  Shouting

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Consider:

(1) Reason for the behavior, the “function” or motivation

(2) Development and reasonable expectations

(3) Child Characteristics

(4) Environment & Circumstances
(1) What can I do to prevent this behavior?

(2) What can I do to promote the “positive opposite” behavior?

(3) How do I address this problem or misbehavior in a way using effective discipline strategies? (that will teach, facilitate development, (build social-emotional skills, enhance self-control, maintain strong parent-child relationship)
The Goals of Discipline

Teach self control
Build self-esteem
Develop competence
Increase self-efficacy
Develop problem solving skills
Promote self-discipline
Support Emotion-regulation
Increase ability to handle frustration
Learn responsibility
Develop self-respect and respect for others
Take initiative and be assertive
Foster social skills
Preventing  Promoting  Addressing

Promoting Positive Behavior: Time, Understanding & Attention
Promoting Positive Behavior Strategies

- Clear & developmentally appropriate expectations
- Redirecting, choice, distraction
- Special Play time
- Predictable Schedules and Routines
- Clear commands and directions
- Specific Praise
- Consistency and follow-through
- Modeling
**Special Play Time**

5-10 Minutes a Day
Positive, child directed interactions
Goal: provide positive attention and strengthen relationship

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<thead>
<tr>
<th>YES: Do</th>
<th>NO: Avoid during Special Play Time</th>
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<tbody>
<tr>
<td>Imitate Child Action</td>
<td>Commands</td>
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<tr>
<td>Specific “labeled” praise</td>
<td>Criticism</td>
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<tr>
<td>Repeat what child says</td>
<td>Questions</td>
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<tr>
<td>Enthusiasm</td>
<td>Directing</td>
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Special Play Time

YES: Parent Behaviors During Special Play Time

- Imitate your child’s actions
- Use specific labeled praise
- Repeat what a child says
- Show enthusiasm
### No: Behaviors Parents Should Avoid

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<th>Commands</th>
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<td>Criticism</td>
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<td>Questions</td>
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<td>Directing</td>
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### PCIT PRIDE SKILLS

<table>
<thead>
<tr>
<th>PRIDE SKILLS</th>
<th>Description</th>
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<tr>
<td>P</td>
<td>Praise (specific behavior)</td>
</tr>
<tr>
<td>R</td>
<td>Repeat (what child says &amp; add language)</td>
</tr>
<tr>
<td>I</td>
<td>Imitate (physical action)</td>
</tr>
<tr>
<td>D</td>
<td>Describe Behavior</td>
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<tr>
<td>E</td>
<td>Enjoyment / Enthusiasm</td>
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</table>

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Special Play Time PCIT

VIDEO
Example of Special Play Time PCIT Session
What were some PRIDE Skills you saw in the video?
Any questions about special play time?
Direct Commands

Rules for Effective Commands:
1. Direct
2. Positively stated
3. One at a time
4. Specific
5. Polite and Calm
6. Age-appropriate
7. Only when necessary
Preventing  Promoting  Addressing

What is a direct command for the following:

A 5 year old jumping on a couch
What is a direct command for the following:

A 3 year old running through the living room
What is a direct command for the following:

A 2 year old screaming inside the house
What is a direct command for the following:

You need your 4 year old child to put on her shoes to go out with you to the grocery store.
Why have predictable schedules and routines?
Sleeping and bedtime routines
Eating and mealtime
Bath

Consider child temperament

Use visual aids / organizers / pictures
Model

Talk about feelings and how to cope

Practice (games- turn taking, building self-control)

Help a child identify and label own feelings…

Empathize

Calm down corner-safe place to regroup or break

Promoting

Preventing

Addressing

Road Map: Session 3

Addressing Challenges
- Effective Strategies to Address Challenging Behaviors
- Selective Attention and Planned Ignoring
- Natural and Sensible Consequences
  - Rewards
  - Time Out

Promoting Positive Behavior

Preventing Problems

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Questions and Discussion?
Preventing  Promoting  Addressing

Resources

*Handouts*: http://www.nemours.org/service/health/parenting/tips.html


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Thank you!

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