



*A National Resource
for System Planning
& Community Capacity Building*

Welcome to the Community Solutions 2013 Webinar Series

Moderated by:

Victor Trinidad

Department of Child and Family Studies
College of Behavioral and Community Sciences
University of South Florida

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*A National Resource
for System Planning
& Community Capacity Building*

**Community Solutions
at the University of South Florida
is a new national resource for system planning
and community capacity building.**

- Technical Assistance/Training
- Research
- Evaluation
- In-service Programs

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*A National Resource
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Upcoming Webinars

November 07, 2013, 2:00 PM: Kirsten Ellingsen

Part 3: Addressing Problems and Effectively Managing Challenging Behaviors

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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.

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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) HIPPI USA

Preventing

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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.

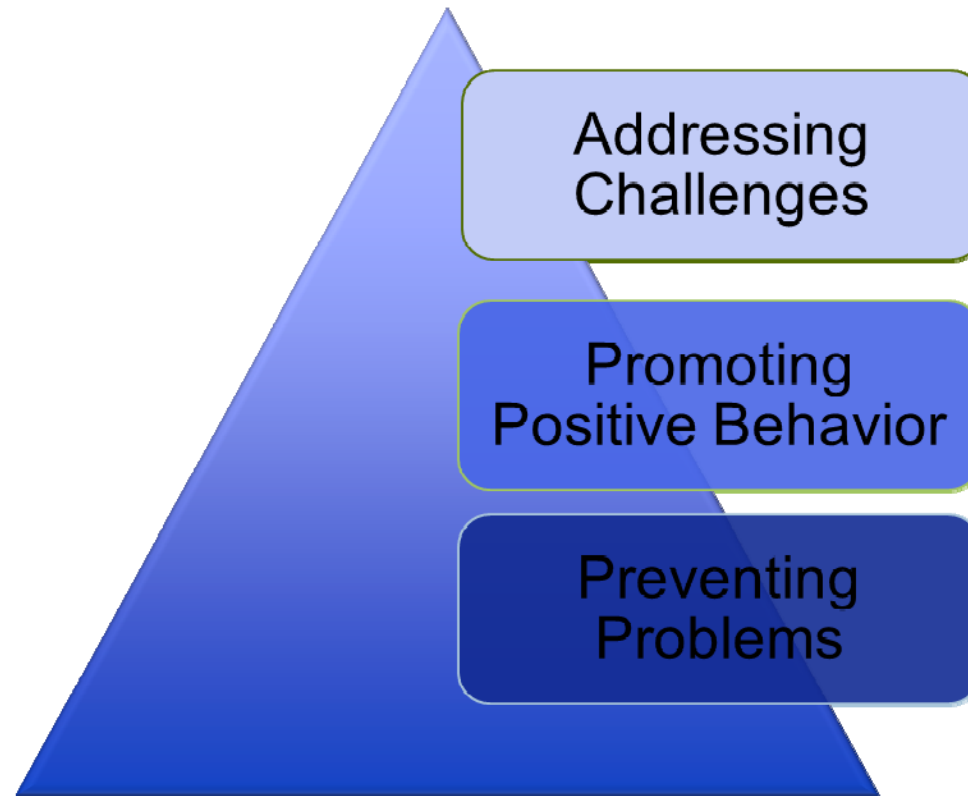
Provide participants information and resources to share with parents.

Preventing

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Addressing

Road Map: Webinar Series



Preventing

Promoting

Addressing

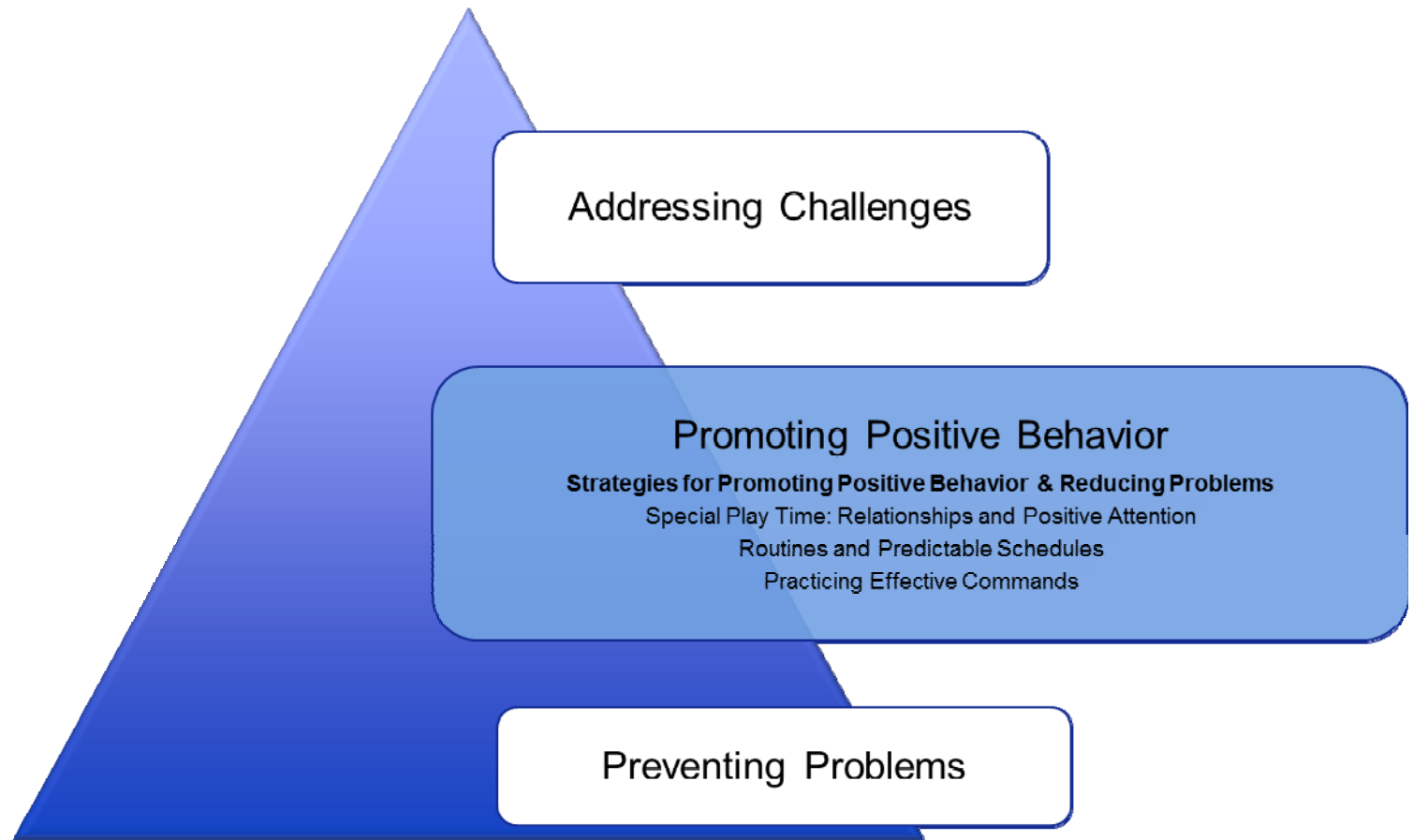
Part 2: Promoting Positive Behavior and Reducing Problems



Preventing

Promoting

Addressing



Preventing

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Common Behavior Challenges

Temper Tantrums

Hitting

Kicking

Biting

Whining

Arguing

Talking back

Routines (sleep, meal time)

Sharing

Listening

Sibling rivalry

Shouting

Preventing

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Parenting Discipline Strategies

Consider:

- (1) Reason for the behavior, the “function” or motivation*
- (2) Development and reasonable expectations*
- (3) Child Characteristics*
- (4) Environment & Circumstances*

Preventing

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Selecting a Discipline Strategy

(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)

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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

CHILD
*Health, Positive
Development, &
Optimal Functioning*

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Addressing



Preventing

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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

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Special Play Time

5-10 Minutes a Day

Positive, child directed interactions

Goal: provide positive attention and strengthen relationship

YES: Do	NO: Avoid during Special Play Time
Imitate Child Action	Commands
Specific “labeled” praise	Criticism
Repeat what child says	Questions
Enthusiasm	Directing

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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

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Special Play Time

No: Behaviors Parents Should Avoid

Commands

Criticism

Questions

Directing

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PCIT PRIDE SKILLS

PRIDE SKILLS	
P	Praise (specific behavior)
R	Repeat (what child says & add language)
I	Imitate (physical action)
D	Describe Behavior
E	Enjoyment / Enthusiasm

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Special Play Time PCIT

VIDEO

Example of Special Play Time PCIT Session

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Special Play Time



What were some PRIDE Skills you saw in the video?

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Addressing

Special Play Time



Any questions about special play time?

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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

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What is a direct command for the following:

A 5 year old jumping on a couch

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What is a direct command for the following:

A 3 year old running through the living room

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What is a direct command for the following:

A 2 year old screaming inside the house

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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

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Schedules and Routines

Why have predictable schedules and routines?

Sleeping and bedtime routines

Eating and mealtime

Bath

Consider child temperament

Use visual aids / organizers / pictures

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More strategies to promote positive behavior

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

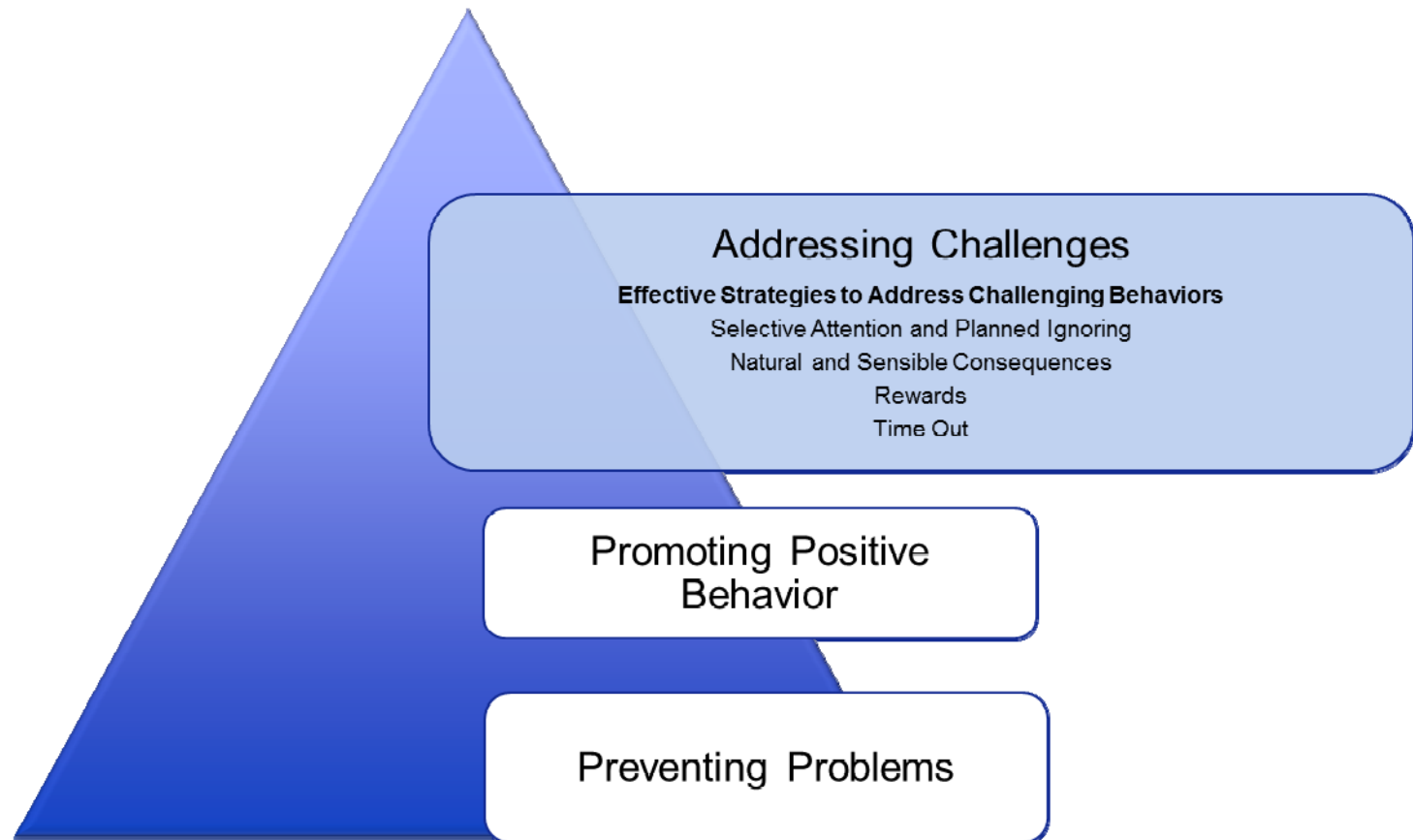
<http://www.zerotothree.org/child-development/challenging-behavior/toddlers-and-challenging-behavior.html>

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Road Map: Session 3



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Questions and Discussion?

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Resources

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

<http://www.zerotothree.org/child-development/challenging-behavior/tips-tools-challenging-behaviors.html>

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Thank you!

HIPPY USA National Research & Evaluation Center (NREC) at USF
<http://hippyresearchcenter.org/>

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