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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Presented by:
Kirsten Ellingsen, Ph.D.
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College of Behavioral and Community Sciences
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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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Promoting

Preventing

Addressing

Road Map: Webinar Series

Addressing Challenges

Promoting Positive Behavior

Preventing Problems

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Addressing Problems & Effectively Managing Challenging Behaviors

Webinar Series: Parenting Practices & Discipline Strategies that Support Positive Child Development
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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Addressing Challenges: Consistency, Consequences, & Rewards
What does positive social-emotional development look like?

(What are the positive characteristics and behaviors we would like to see in children?)
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?

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1. Strong positive parent-child relationship are critical (Encourage warm, sensitive, responsive interactions, reading infant cues for engagement and disengagement, positive attention and special play time)

2. Have clear, reasonable & developmentally appropriate expectations (Understand temperament, child development, triggers for problems, and causes of behaviors)

3. Model Desired Behavior
Strategies to Prevent or Reduce Problems

4. Establish predictable schedules and routines

5. Choice, redirection, distraction

6. Communicate commands effectively & consistently
   (Commands: direct, positively stated, one at a time, specific, polite, followed with specific labeled praise) IF- THEN

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7. Use Selective Attention and Planned Ignoring

8. Rewards

9. Sensible and Natural Consequences

10. Time Out
Attention- can be positive or negative

Give attention for positive behaviors (that is, attention for behaviors that you want to see increase)…

Ignore behaviors that you want to decrease!
GIVE ATTENTION TO BEHAVIOR that you want to INCREASE....

PRAISE THE “POSITIVE OPPOSITE”

Running down the hall
**Selective Attention**

**Promoting**

GIVE ATTENTION TO BEHAVIOR that you want to INCREASE….

**Addressing**

PRAISE THE “POSITIVE OPPOSITE”

Screaming for a snack
GIVE ATTENTION TO BEHAVIOR that you want to INCREASE….

PRAISE THE “POSITIVE OPPOSITE”

A child poking her brother continuously in the car
What is it?

When do you use it?
Preventing  Promoting  Addressing

Temper Tantrums

Common in early childhood

Why and When do they occur?

What can parents do?

(Preventing, selective attention, teach feelings)
Rewards can be used to increase a positive behavior or decrease a negative one. 
*(social, symbolic, tangible)*

Pay attention to good behaviors

Praise when you give rewards

Start by rewarding desired behavior every time it happens... Over time you can give rewards less often
Preventing

Promoting

Addressing

*Sensible Consequences*

Loss of a Privilege

Positive Practice

Time Out

*Natural consequences*
Teaching a child the consequence in a simple association.

If you (do this specific behavior) then (this will happen)
What is time out?

When should it be used?

Where should it occur?

How do you do time out to be effective?
Challenging behaviors in early childhood are common and to be expected.

However, when problematic behaviors are more frequent, severe, intense…. or developmental milestones are not reached within an expected age range it is important to refer parents for screening or a medical / psychological evaluation.
Questions and Discussion?
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Resources

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

Websites:
   http://www.zerotothree.org/
   http://flpbs.fmhi.usf.edu/
   http://www.developingchild.net
   http://csefel.vanderbilt.edu/

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Thank you!

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