



*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
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Parenting Practices & Discipline Strategies that Support Positive Child Development:

**Part 3: Addressing Problems and
Effectively Managing Challenging Behaviors**

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



Preventing

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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.

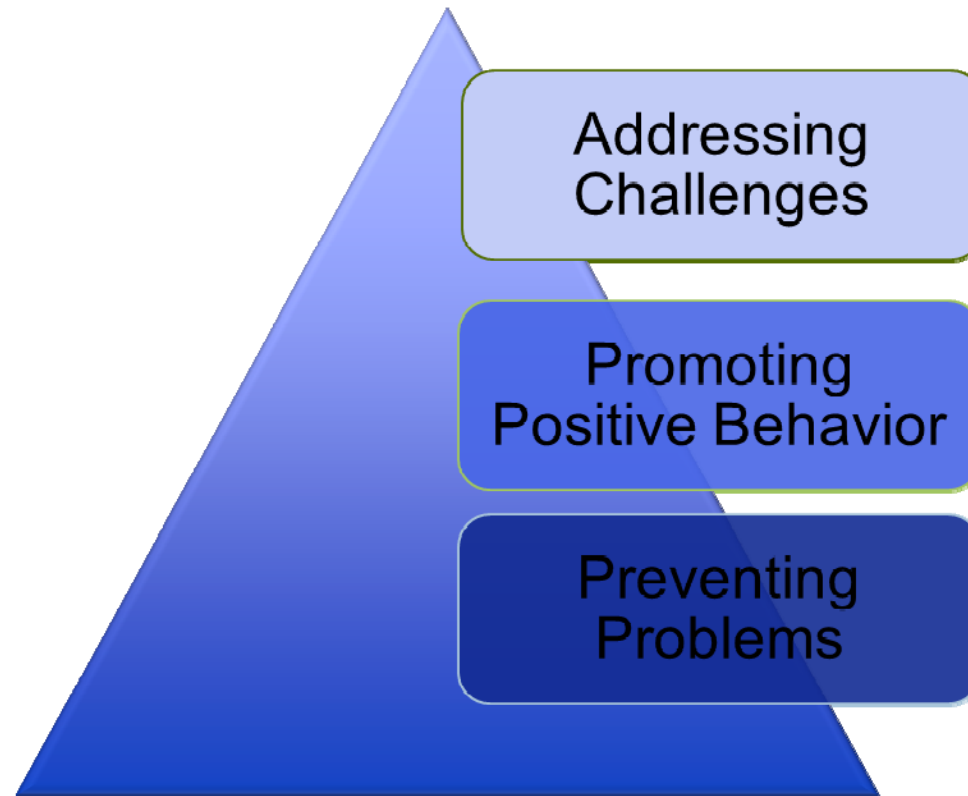
Provide participants information and resources to share with parents.

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Addressing

Road Map: Webinar Series

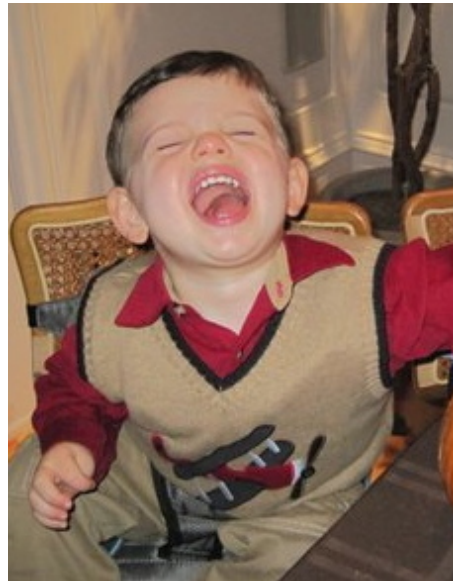


Preventing

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*Addressing Problems & Effectively
Managing Challenging Behaviors*

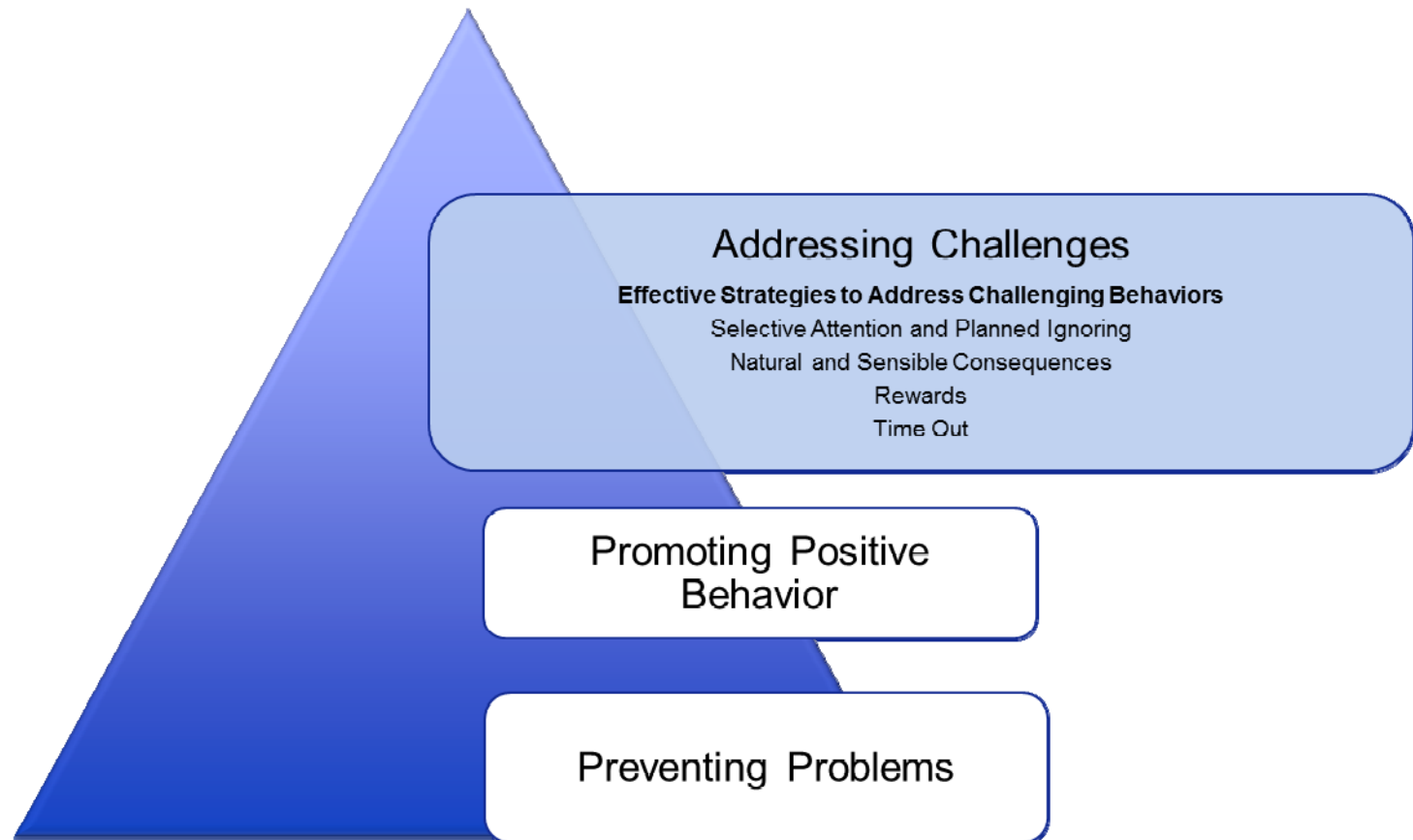


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Road Map: Session 3



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Addressing



Preventing

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Addressing

Parenting and Discipline



What does positive social-emotional development look like?

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

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Addressing



CHILD
*Health, Positive
Development, &
Optimal Functioning*

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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?*

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Strategies for Promoting Positive Behavior

1. Strong positive parent-child relationships 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

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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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Strategies to Address Problems

7. Use Selective Attention and Planned Ignoring

8. Rewards

9. Sensible and Natural Consequences

10. Time Out

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Selective Attention

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!

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Selective Attention

*GIVE ATTENTION TO BEHAVIOR that you
want to INCREASE....*



PRAISE THE "POSITIVE OPPOSITE"

Running down the hall

Preventing

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Addressing

Selective Attention

*GIVE ATTENTION TO BEHAVIOR that you
want to INCREASE....*



PRAISE THE “POSITIVE OPPOSITE”

Screaming for a snack

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Selective Attention

GIVE ATTENTION TO BEHAVIOR that you want to INCREASE....



PRAISE THE “POSITIVE OPPOSITE”

A child poking her brother continuously in the car

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Planned Ignoring

What is it?

When do you use it?

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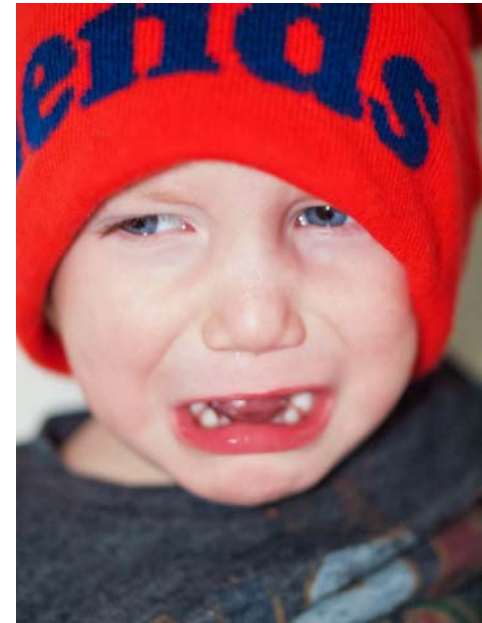
Temper Tantrums

Common in early childhood

Why and When do they occur?

What can parents do?

*(Preventing, selective attention,
teach feelings)*



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Using Rewards

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

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Sensible Consequences

Loss of a Privilege

Positive Practice

Time Out

Natural consequences

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If....Then....

Teaching a child the consequence in a simple association.

If you (do this specific behavior) then (this will happen)

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Time Out

What is time out?

When should it be used?

Where should it occur?

How do you do time out to be effective?

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When to Refer for an Evaluation

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.

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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!

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

Kellingsen@Usf.edu

