MODULE VIII: HELPING THE CHILD MANAGE EMOTIONS AND BEHAVIORS

Note Taking Guide

At the end of this session, you will be able to:

- Identify a child's behavior as their primary communication tool
- Identify interventions that promote positive development (attachment, self-regulation, and initiative)
- Explain why physical punishment is not allowed to be used on foster children

Behavior as a Communication Tool

All behavior has meaning. Trauma-informed caregivers:

- View behavior as information
- Focus on connection, not control
- Constantly adjust their parenting strategies

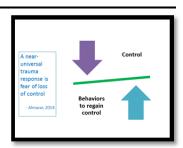
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- If you believe consequences are over-rated
- If you think behavior charts are silly
- + If you avoid "time-outs"

-Anu Family Services Recruitment Flyer

Managing Your Emotions

- Be an emotional container (NCTSN, 2010) manage your own emotions and behavior
- Tinker and repair (Hughes & Baylin, 2012) mistakes will happen and children's needs will change. Continually evaluate the effectiveness of your strategies.
- Ask yourself, "Given the totality of my relationship with the child, is it likely that she sees me as being on her side?" (Hodas, 2006)



Attac	hment-Focused Interventions	
1.	Use the safety script (Vicario & Hudgens-Mitchell, 2013): O This is a safe place and I won't let anyoneyou, so I can't let you, because this is a safe place.	Attachment-Building Interactions • Create a sense of contents
2.	 Try to connect & correct (Hughes & Baylin, 2012): Make a statement that connects you with the child State the rule Suggest an alternative that allows the child to get what he wants while still following the rules 	Attachment-Building Interactions Create a sense of safety Connect and correct Use win/win negotiation
3.	Use Win/Win strategies that allow everyone to share control and	d gain something

Self-Regulation and Initiative-Building Interventions

- 1. Give specific, clear feedback about exactly what the child is, or should be, doing.
- 2. Allow natural consequences to occur when possible.
- 3. If you must use consequences, make sure they are logically connected to the unwanted behavior and that you provide an opportunity for the child to perform the desired behavior.

00000000	Self-Regulation and Initiative Building Interventions • Specific, clear feedback	
島	Natural consequences	K
	Logical consequences	
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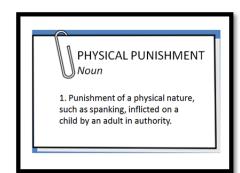
Physical Punishment and Restraint

There are three main reasons Ohio law does not allow foster caregivers to use any form of physical punishment:

- 1. Fear of re-traumatizing
- 2. Hurts the relationship between the caregiver and the child
- 3. Protection for caregivers

In addition, physical punishment is ineffective at modifying behavior.

- 1. Does not help a child learn to self-regulate
- 2. Does not help a child build competence
- 3. May reinforce undesired behaviors



Foster Care, Kinship Care, and Adoption Preservice Training
Module VIII: Helping the Child Manage Emotions and Behaviors
Developed by IHS for the Ohio Child Welfare Training Program June 2015

Recommended Resources:

- Essentials for Parenting Toddlers and Preschoolers is a free, online resource developed by the Centers for Disease Control and Prevention (CDC). www.cdc.gov/parents/essentials/
- The PAX Good Behavior Game teaches students self-regulation, self-control, and self-management in context of collaborating with other. http://goodbehaviorgame.org/
- Breathe, Think, Do with Sesame Street is an application for the iPhone that helps young children learn to calm themselves and problem solve.
- Books:
 - The Connected Child by Dr. Karyn Purvis
 - Beyond Consequences by Heather Forbes
 - Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment by Daniel Hughes and Johnathan Baylin

	List three ways you will use the information from this training:
1.	
2.	
3.	

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Win/Win Negotiation

Read your assigned conflict; then identify a solution that allows both parties to win.

Conflict	Win/Lose Solution
Child refuses to call her adoptive parents "Mom and Dad," insisting they are not her "real" parents.	Refuse to answer her unless she calls you "Mom and Dad."
Child refuses to surrender a smelly security blanket (brought from his birth family's home) to be laundered.	Take the blanket away while the child is sleeping and wash it.
Child hoards food in his bedroom. The food spoils and is attracting ants.	Take food back to kitchen and punish child for taking food from kitchen. Establish rule that food can't leave kitchen.
Child has broken a number of items in the home, creating hard feelings with the owners of broken items.	"Ground" child for breaking items. Isolate child by not allowing him to go in certain rooms.

Your Win/Win Solution:				

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Individual Reflection

Please take a few minutes to reflect on what you have learned in the Preservice training and how it applies to you. Give this sheet to the agency worker who is completing your homestudy.

1.	Which of the following strategies do you think you will most likely use to build a relationship with the child and manage their emotions? Please explain your answer.					
	a.	Safety script	otions: Tiease expi	d. Specific, clear feedback		
		Connect and correct			Natural consequences	
	C.	Win/win solutions		f.	Logical consequences	
2.		a list of your "triggers," lening stance, etc.)	oehaviors that will li	ikely push you	r buttons (ex. eye rolling,	back talk,
3.	Identif		o to keep yourself c	calm and think	ing with your logical brai	n when you



Ohio Child Welfare Training Program **Preservice Module 8** Helping the Child Manage Emotions and Behaviors

County where training was held: _	
Trainer:	
Date:	

Plea	se complete the survey and provide comments to help us improve this training.
	A child's primary communication tool is: Behavior Language Social media
	 I can promote positive development by (check all that apply): Connecting with the child, not trying to control him/her Creating a sense of safety Giving specific and clear feedback about what he/she should be doing
	Physical punishment is: Not traumatizing for youth The recommended form of discipline Ineffective in teaching self-regulation and initiative
	The trainer could improve this training if they (check all that apply): Shared additional relevant personal examples Managed the group more effectively Gave clearer instructions for activities Helped me better understand how to apply the information to foster care or adoption Other
	Have you been completing the reflection sheets? • Yes • No • I have completed some of them.
6.	If you have completed reflections sheets, have you shared them with your worker? Yes, I have. Not yet, but I plan to. No, I do not plan to share them.
	What other information would you like to share that will benefit future participants of this training (use the back of this sheet if needed)?

Thank you for your feedback!