

A Model for Addressing Challenging Behavior

Brenda Dennis
Partnerships for Inclusion
FPG Child Development Institute
UNC-Chapel Hill

Kelly Pleasant
Preschool Coordinator
Johnston County Schools

Doyle Woodall
Preschool Teacher
South Smithfield Elementary School
Johnston County Schools

Objectives

- Learn about the Center on the Social & Emotional Foundations for Early Learning (CSEFEL) & its partnership with NC
- Examine a conceptual framework to enhance social competence & reduce challenging behaviors
- Learn about the DPI CSEFEL demonstration site

Center on the Social & Emotional Foundations for Early Learning

- Referred to as CSEFEL
- National center focused on promoting the social emotional development & school readiness of young children birth to age 5
- Federally funded by Office of Head Start & the Child Care Bureau

CSEFEL

Collaboration of six universities & research institutes

- Vanderbilt University
- University of Illinois
- University of South Florida
- University of Colorado at Denver
- Georgetown University
- ZERO TO THREE

Purpose of CSEFEL

- Analyze & synthesize the research on social emotional development & translate into practical materials
- Engage in training & technical assistance
- Disseminate evidence-based practices & materials via interactive website

CSEFEL Pyramid Model



CSEFEL States

- Year 1
 - Colorado
 - Iowa
 - Maryland
- Year 2
 - Hawaii
 - Nebraska
 - North Carolina
 - Tennessee
 - Vermont
- Year 3
 - California
 - Massachusetts
 - Wisconsin

NC/CSEFEL Partnership

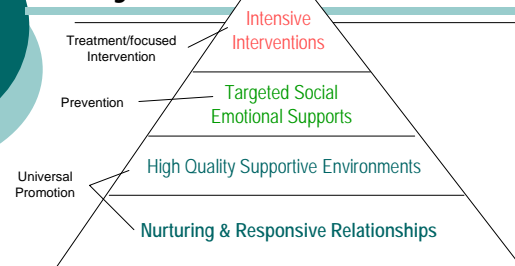
- Team of stakeholders
- 4 days of intensive training- October 2008
- 6 demonstration classrooms
- Coach for each demo site
- Plan for sustainability



DPI CSEFEL Demonstration Site

- Located at South Smithfield Elementary (PBS school)
- Blended with EC & More At Four
- 5-star licensed center
- 13 children (7 EC, 6 More At Four)
- 1 Teacher, 1.5 Teacher Assistants
- Started accepting visitors January 2010

Pyramid Model



Center on the Social & Emotional Foundations for Early Learning

Social & emotional competence is rooted in secure relationships with primary adults during the infant, toddler, & preschool years.

- National Research Council, 2000

Why Build Positive Relationships?

- Protective factors reduce many challenging behaviors
- Positive relationships can impact exponentially in positive ways

- Joseph & Strain, 2003

Strategies for Building Relationships

- Children
 - Meaningful jobs
 - Building the School with Kindness

Meaningful Jobs



Building the School with Kindness



Building the School with Kindness



Strategies for Building Relationships

- Families
 - Home visits
 - Preschool's Kissing Hands
 - Home to school folders

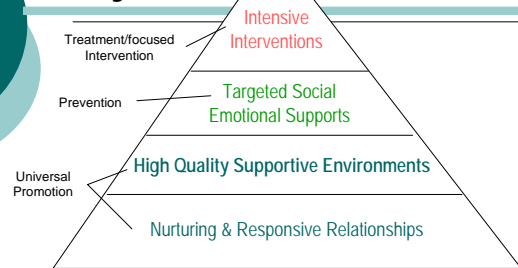
Kissing Hands Class Book



Strategies for Building Relationships

- Colleagues
 - Acknowledgement of birthdays & other special events
 - Preschool Professional Learning Community

Pyramid Model



Center on the Social & Emotional Foundations for Early Learning

High Quality Supportive Environments

- Classroom arrangement & design
- Schedules, routines & transitions
- Planning activities that promote engagement
- Giving Directions
- Teaching Classroom Rules
- Ongoing Monitoring & Positive Attention

Center on the Social & Emotional Foundations for Early Learning

Strategies to Create High Quality Supportive Environments

- Center signs
- Circle Time Fun
- Picture schedules
- Classroom Rules

Center Signs



Individual Support



Circle Time Fun



Picture Schedule



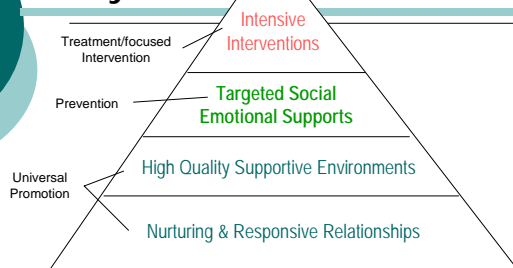
Individual Picture Schedule



Classroom Rules



Pyramid Model



Center on the Social & Emotional Foundations for Early Learning

Social Emotional Teaching Strategies

- Enhancing emotional literacy
- Controlling anger & impulse
- Solving problems
- Developing friendships

Center on the Social & Emotional Foundations for Early Learning

Emotional Literacy

The ability to recognize, label, & understand feelings in one's self & others

Center on the Social & Emotional Foundations for Early Learning

Children with a Strong Foundation in Emotional Literacy

- Tolerate frustration better
- Get into fewer fights engage in less destructive behavior
- Are healthier
- Are less lonely
- Are less impulsive
- Are more focused
- Have greater academic achievement

Center on the Social & Emotional Foundations for Early Learning

Strategies for Enhancing Emotional Literacy

- The Feeling Chart
- Red Box activity
- Second Step

Center on the Social & Emotional Foundations for Early Learning

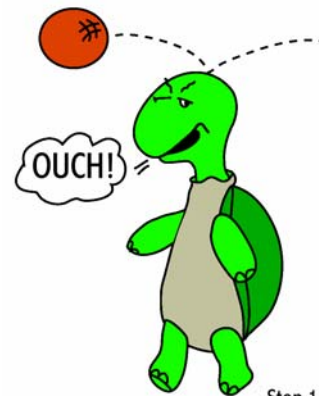
The Feeling Chart



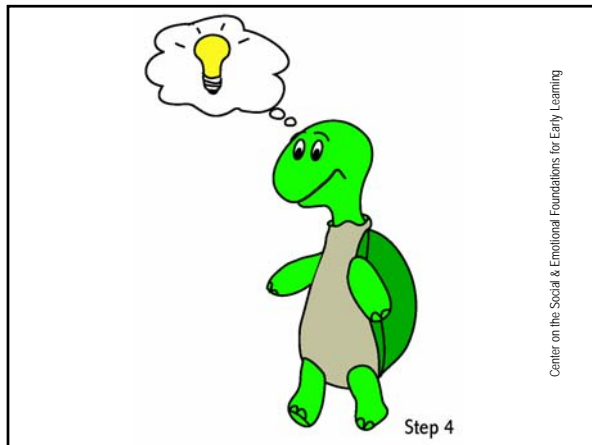
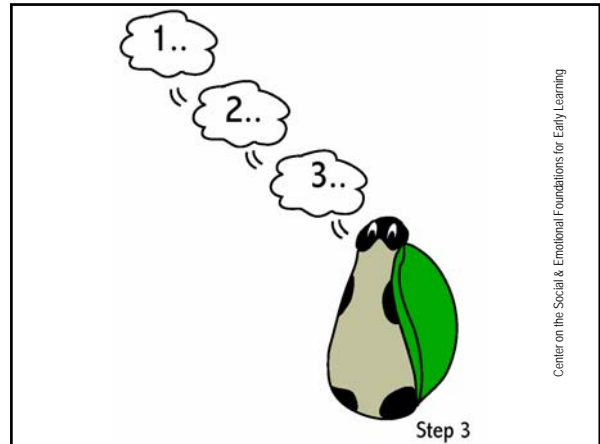
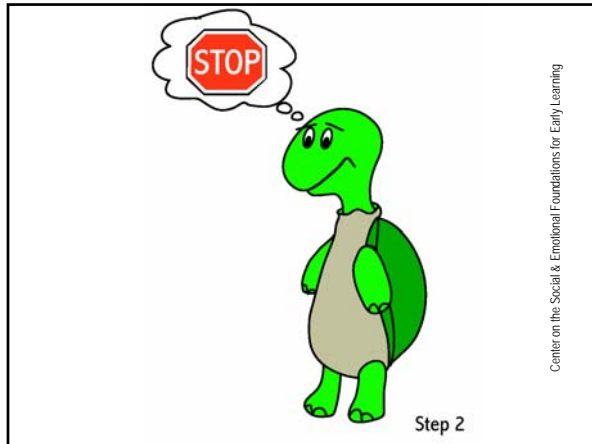
Social Emotional Teaching Strategies

- Enhancing emotional literacy
- **Controlling anger & impulse**
- Solving problems
- Developing friendships

Center on the Social & Emotional Foundations for Early Learning



Center on the Social & Emotional Foundations for Early Learning



Strategies to help children control anger & impulse

- Tucker the Turtle social story
- Turtle Technique poster
- Turtle puppet
- Paper plate turtle

Social Emotional Teaching Strategies

- Enhancing emotional literacy
- Controlling anger & impulse
- **Solving problems**
- Developing friendships

Center on the Social & Emotional Foundations for Early Learning

Solving Problems

- Learn problem solving steps
- Think of alternative solutions
- Learn that solutions have consequences

Center on the Social & Emotional Foundations for Early Learning


What is my problem?



Center on the Social & Emotional Foundations for Early Learning

Step 1


Think, think, think of some solutions.



Center on the Social & Emotional Foundations for Early Learning

Step 2

What would happen?



•Would it be safe?


•Would it be fair?

•How would everyone feel?

Center on the Social & Emotional Foundations for Early Learning

Step 3

Give it a try!



Center on the Social & Emotional Foundations for Early Learning

Step 4

Problem Solving Activities

- Solution book
- Solution rings
- Use real classroom problems to teach & practice

Social Emotional Teaching Strategies

- Enhancing emotional literacy
- Controlling anger & impulse
- Solving problems
- **Developing friendships**

Center on the Social & Emotional Foundations for Early Learning

Friendship Skills

- Organizing play
- Sharing toys & other materials
- Taking turns
- Being helpful
- Giving compliments
- Understanding how & when to give an apology

Center on the Social & Emotional Foundations for Early Learning

Activities to Support the Development of Friendship Skills

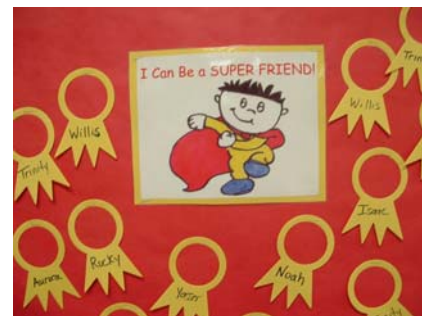
- Books about friendship
- Friendship art
- Scripted or Social Story
- Building a School of Kindness
- Red Box activity

50

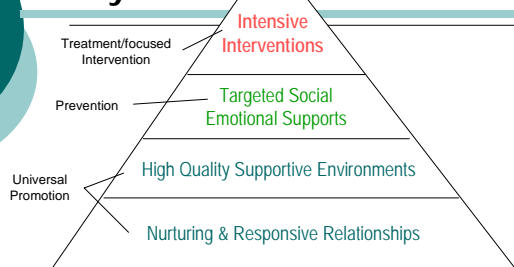
Friendship Art



Super Friend Bulletin Board



Pyramid Model



Center on the Social & Emotional Foundations for Early Learning

Positive Behavior Support (PBS)

PBS is a package of strategies, not just one intervention, that focuses on teaching new skills, changing environments, and preventing problem behavior from occurring.

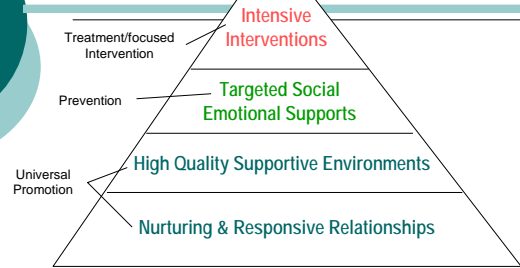
- A. McCart, 2004

Process of Positive Behavior Support

- Step 1: Establish a team
- Step 2: Gather information (functional assessment)
- Step 3: Develop a hypothesis
- Step 4: Design a behavior support plan
- Step 5: Implement, monitor, & evaluate the plan

Center on the Social & Emotional Foundations for Early Learning

Pyramid Model



Center on the Social & Emotional Foundations for Early Learning

Where to Go to Learn More

- Center on the Social & Emotional Foundations for Early Learning
<http://www.vanderbilt.edu/csefel/>
- Technical Assistance Center on Social Emotional Intervention
<http://www.challengingbehavior.org/index.htm>

Comments & Questions