

Positive Solutions for Families



Session 5: Teach Me What to Do



What's Happening Today?



- ✓ Quick review of past parenting sessions
- ✓ Discuss emotional literacy
 - ✓ What it is
 - ✓ Strategies on teaching emotions
- ✓ Strategy for managing anger
 - ✓ Turtle Tuck Story
 - ✓ Calming oneself
- ✓ Teach Problem Solving strategies.
- ✓ The best time to teach a strategy.



Previous Topics

- Building children's self-confidence and self-worth through special time with them each day
- Keeping conversations, directions positive
- Recognizing challenging behaviors and looking to see what was happening just before the challenging behavior
- Developing routines

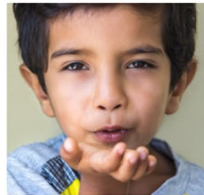


Emotional Literacy

The ability to recognize, label, and understand feeling in one's self and others.



What Emotion Words Does Your Child Know?



Affectionate
Cariñoso(a)



Bored
Aburrido(a)



Brave
Valiente



Calm
Calmado(a)



Cheerful
Alegre



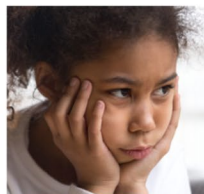
Comfortable
CÓmodo(a)



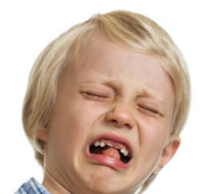
Creative
Creativo(a)



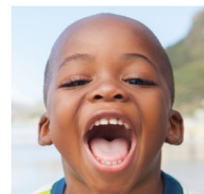
Curious
Curioso(a)



Disappointed
Decepcionado(a)



Disgusted
Asqueado(a)



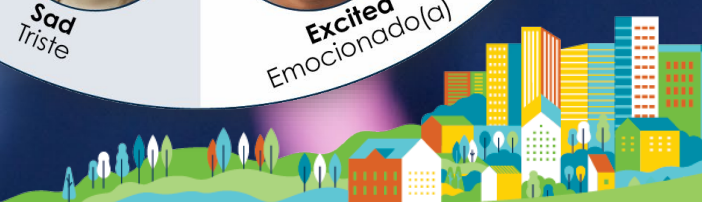
Excited
Emocionado(a)



Embarrassed
Avergonzado(a)



Feeling Faces



This Is How I Feel Today



**Today, I feel...
Hoy me siento...**

 Sad Triste	 Lonely Solitario(a)	 Excited Emocionado(a)	 Frustrated Frustrado(a)
 Nervous Nervioso(a)	 Loved Amado(a)/Querido(a)	 Scared Asustado(a)	 Happy Feliz
 Proud Orgulloso(a)			



Read a Book

- Use fun voices to show emotion
- Have your child point out emotions on characters
- Ask questions and talk:
 - How did the boy feel?
 - What makes you scared?
 - Show me your scared face.





Self-Regulation and Anger Management

Help your child:

- Recognize big emotions, like anger, in themselves and others
- Learn to calm down
- Understand appropriate ways to express big emotions like anger



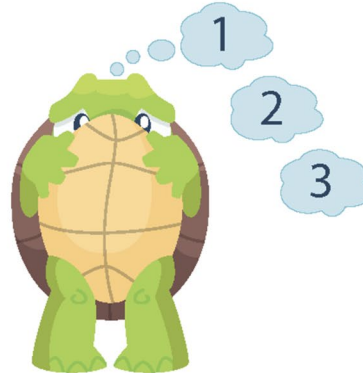
Turtle Technique



Step 1. Recognize your feelings.



Step 2. Stop your body.



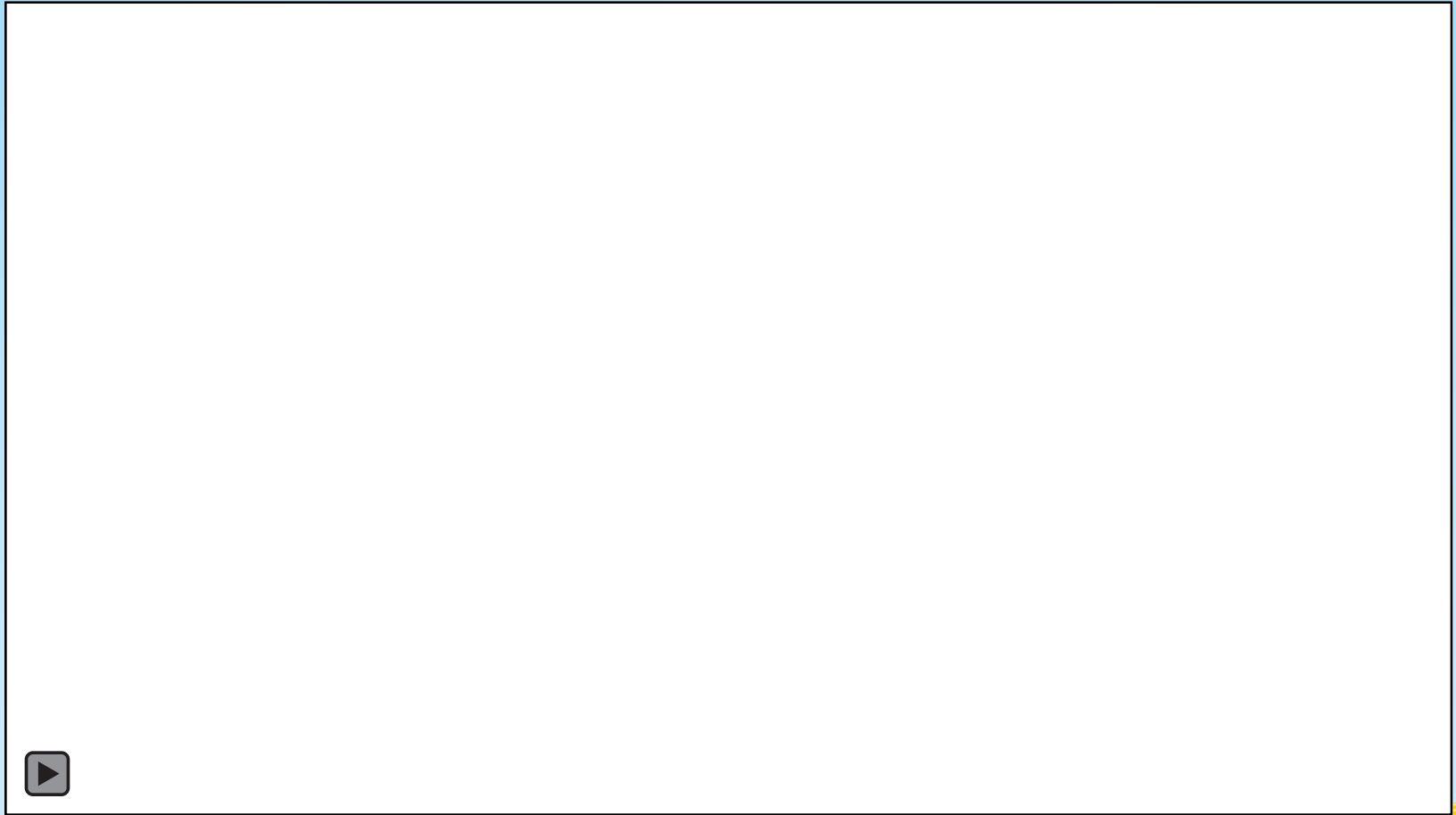
Step 3. Tuck inside your shell and take three deep breaths.



Step 4. Come out when you are calm and think of a solution.

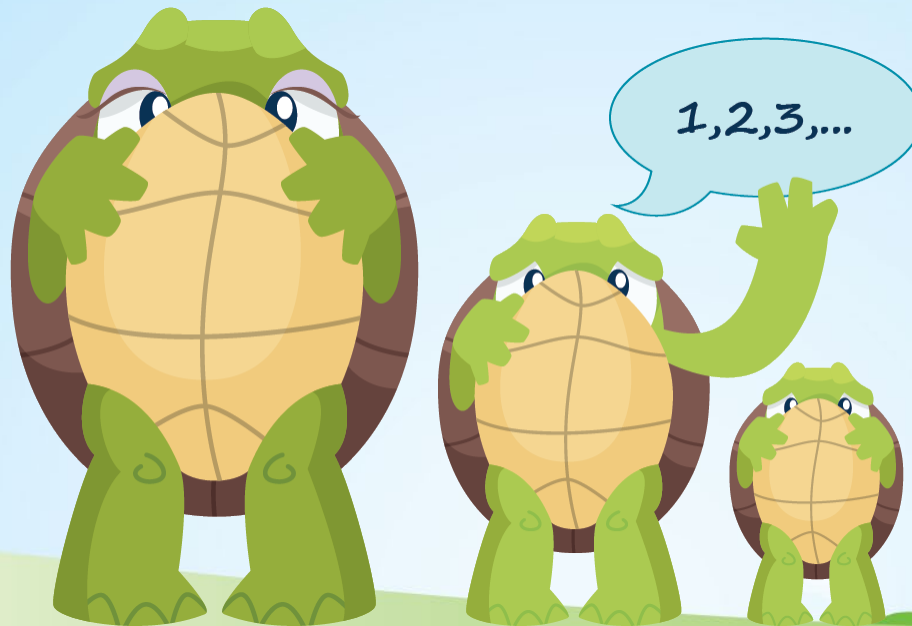


Tucker the Turtle



Practice, Practice, Practice!

- Teach the Turtle Technique, step-by-step
- Provide lots of opportunity for review
- Encourage your child to “tuck like a turtle”
- Celebrate their success!



Belly Breathing

Take a Deep Breath

Smell the flower



Blow the pinwheel



Not Just for Anger



Affectionate
Cariñoso(a)



Bored
Aburrido(a)



Brave
Valiente



Calm
Calmado(a)



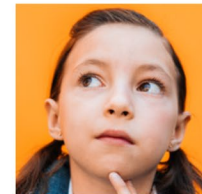
Cheerful
Alegre



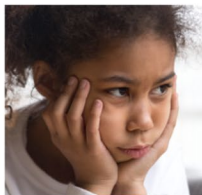
Comfortable
CÓmodo(a)



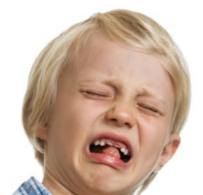
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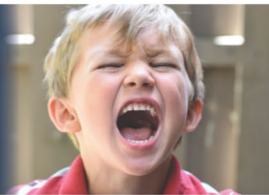
Embarrassed
Avergonzado(a)



Taking a Break: Using a Calm Down Area at Home



Taking a Break: Using a Calm Down Area at Home



A calm down area provides a child a place to calm down and take a break. It is one strategy that might be used when children are feeling anxious, stressed, or overwhelmed. Families can help children learn how to take a break from activities or interactions that are challenging to them. Just like adults, young children might react to stress, frustration, and disappointment by becoming angry, shouting, refusing help from adults, or engaging in other challenging behaviors. Adults might use helpful strategies such as self-talk, deep breathing, or taking a break when they are feeling the need to take a break and calm down. The calm down area provides children with a place to let go of strong emotions and begin to feel calm and ready to engage with others again.

Getting Started

The calm down area or calm down spot does not need to require a lot of space. It might be a chair that your child prefers, a group of toys that your child likes that are in a bedroom, or an area where you place a basket of calming toys. The only requirement is that it is an area that is quiet, away from interactions with others, and soothing for the child.

When you create your calm down area, think of things that your child already uses to calm down. They might be stuffed animals, a favorite pillow, a puzzle, squishy toys, or books. Put those in the calm down spot.

Show your child that you have created a calm down area and let your child know that they can use the area when they need to "feel better". You might explain to your child that sometimes you go to a calm down spot that helps you feel better (e.g., "When I am feeling frustrated with my work, sometimes I lay down on the couch,").

Encourage your child to play with what you have put in the spot. You might add a visual that helps the child take deep breaths (1rk) or a social story like "Tucker the Turtle..." (1rk) that might help your child calm down. Encourage your child to get familiar with the calm down area when they are calm. This will give them a chance to explore the items in the calm down area and figure out what is most soothing and calming.

When you think your child might benefit from the calm down area, remind your child that they can go to the calm down area to feel better or guide your child to it (e.g., "I am going to help you go to your calm down spot so you can feel better,").



- How does a calm down area work for you?
- This is different from a time-out, what do you think those differences are?
- How is this a helpful life skill for your child?



Help Us Calm Down



Help Us Calm Down

Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...



take deep breaths



count



go for a walk



take a drink



take a break



listen to music



draw a picture



swing



rock



read a book



hug a favorite toy



do a puzzle



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Problem Solving



Problem Solving Steps


Step 1: What is my problem?



Step 1. What is my problem?



Step 2. Think, think, think of some solutions.



Step 3. What would happen if...?
Would it be safe? Would it be fair?
How would everyone feel?



Step 4. Give it a try!



I Can Be a Problem Solver at Home

They took it from me.



I am lonely and want you to play with me.



I want to play with it by myself.



I am frustrated.



Home Solution Kit

Step 2 :Think, Think, Think of Solutions



Step 1. What is my problem?

Step 2. Think, think, think of some solutions.

Step 3. What would happen if...?
Would it be safe? Would it be fair?
How would everyone feel?





Step 4. Give it a try!



Problem Solving Steps 3 and 4

Step 3: What would happen if I tried my solution

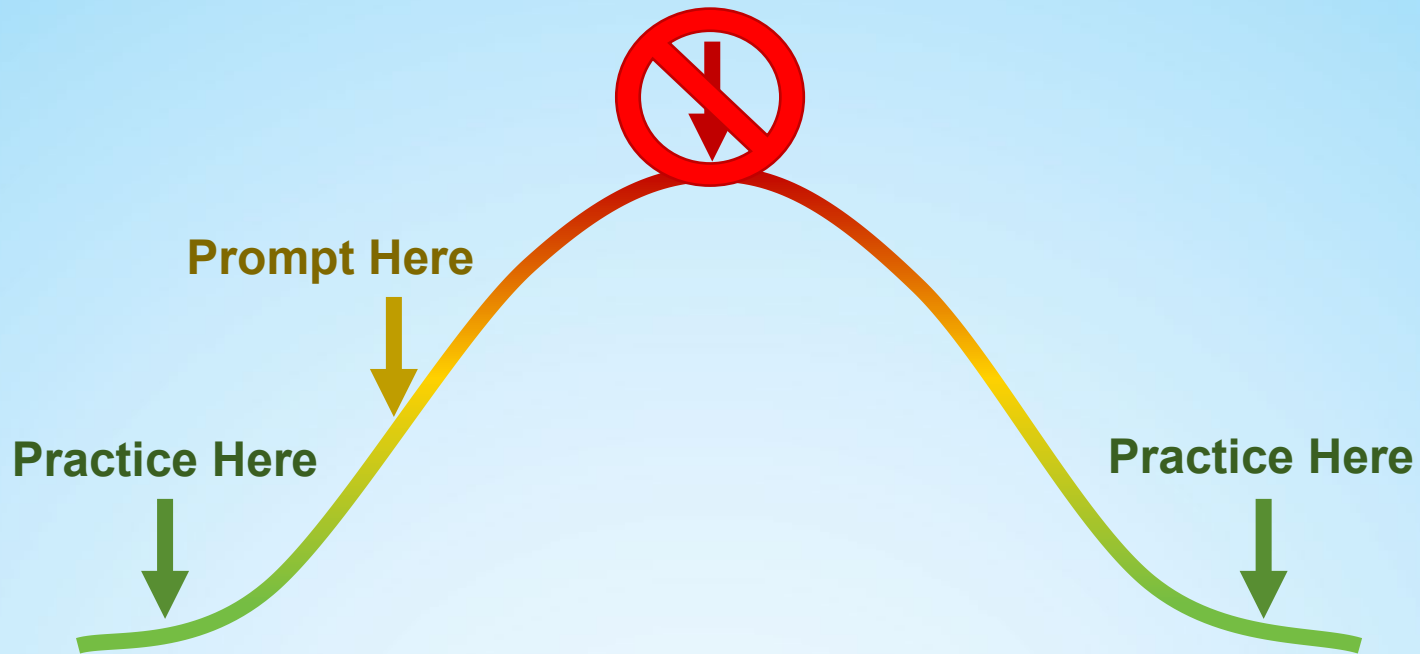
Step 4: Give it a try!

 <p>Step 1. What is my problem?</p>	 <p>Step 2. Think, think, think of some solutions.</p>	 <p>Step 3. What would happen if...? Would it be safe? Would it be fair? How would everyone feel?</p>	 <p>Step 4. Give it a try!</p>
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This is When We Teach

Teach **before** there is problem behavior



Setting the Stage for Success



- Try to anticipate problems
- Stay near your child
- Support your child
- Encourage your child



PHEW!

- Today, we gave you lots of information
- You and your child don't have to have it all tried and practiced by the end of the week!
- Try it little by little :
 - teach different emotions
 - Teach your child what *calm* means
 - Teach your child to calm down (relax)
 - Use the word “problem”; teach them ways to fix problem.
- These are skills that are taught in little ways over many years



- Feel free to call if you need any help with today's information.
- Enjoy the predicted warm weather.
- Our next topic is.....
- Thank you for joining us today

