

... "bite size" news from your HSB Regional Healthy Social Behaviors Coaches



OH, Behave!

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Tip of the Month:

Be mindful of recognizing children who are engaging in the behavior you expect to see.

But be sure to also recognize children's efforts, even if their attempts fall short of expectations because doing so can encourage them to keep trying!



Please join NC-HSB Team in extending our most heartfelt congratulations to our own, Smokie Brawley, Statewide Project Manager for North Carolina's Promoting Healthy Social Behaviors in Child Care Centers (HSB) initiative, funded by the Division of Child Development and Early Education. Members of the HSB team nominated her for the Pyramid Model Consortium Award and she won! She was recognized at the National Training Institute in April as the Pyramid Model Champion Award winner for 2024. We couldn't be more thrilled for our team leader! This is an exciting and well-deserved career milestone!

challenging behaviors helpline

Do you have children who bite? Do children struggle to focus during circle time? Do challenging behaviors cause difficult transitions? Do you spend all day managing behavior? Are you at your wits' end?

Help is available for these and other behavior challenges!

- Speak to a Behavior Support Advisor for advice and resources specific to the challenging behaviors in your classroom. 1-888-600-1685 Option 1
- Submit your questions to a Behavior Support Advisor online and receive a call or email in response.
- Post your questions in the 'Talk to the Expert' Group on our online network, Social Emotional Connections, for early childhood educators. There will also be opportunities to join free webinars on challenging topics or classroom activities.

For more information, scan the QR code or go to childcareresourcesinc.org/challenging-behaviors-helpline



Upcoming Webinar:
A free, talk-to-the-experts webinar, presented by the Healthy Social Behaviors Helpline advisors!

The Basics of Biting

**Tuesday, May 21 and
Wednesday May 23
7:00 to 8:00 p.m.**

Children use biting as a form of communication. Join us as we identify the function of biting behavior, and share supportive resources to help young children.

Click to join the webinar!

Meeting ID: 367 799 7738



Connect with us!

Check out **Tucker's NC Nest** on Pinterest!

Follow OhBehaveTips on **X (formerly, Twitter!)**

Join our new online community by clicking [here](#)! By joining Social - Emotional Connections, you will have the opportunity to network, post questions, and share resources with other early childhood professionals in NC!

Open our latest public resource, a growing library shelf of virtual binders that include archived issues of the HSB newsletter, *OH, Behave!*, a collection of Disaster Response Resources, and a binder of scripted stories for classroom use! Click [here](#).



Since 2005, the NC Healthy Social Behaviors Project has been serving licensed programs throughout North Carolina to prevent, address, and transform challenging behavior. Our goal is to reduce suspensions and expulsions among pre-school-age children and to support teachers in creating a more inclusive, nurturing classroom. While this work continues, our titles have now officially changed from "Behavior Specialist" to "Healthy Social Behaviors Coach"! This title change more accurately reflects our goal of partnering with teachers to introduce effective strategies to support children who exhibit challenging behaviors now and in the future.



Ask The Healthy Social Behaviors Coach!

Question: I am a lead teacher of a class of three year old children. I keep hearing over and over that we are not allowed to tell the children "no". My co-teachers and I are wondering what we can say instead? Please help! We are trying to redirect behaviors and are unsure what else to say when we need to stop a potential challenging behavior.

Answer: Excellent question! Believe it or not, this is a fairly common question. The word "no" is not restricted in the early childhood classroom; but, it should not be overused either. When children hear "no" frequently it tends to lose its' impact. The idea is to use "No!" when you really need to grab a child's attention to prevent injury or harm. When there is a need for a more immediate stop, it is fine to use a firm "No!"

Additionally, telling children "no" can turn into a power struggle. To prevent this from happening, early care and education teachers are urged to find more ways to say "yes" in the classroom setting. This does not mean to just give in to whatever a child is wanting to do; but, do look for alternative offers. For example, if a child asks if they can throw a ball inside the classroom but it is not safe to do so, a first instinct might be to respond with a "no" without even an explanation as to why. Instead, a teacher could reply with, "You can throw the ball when we go outside" or "Someone could accidentally get hurt if we throw a ball inside. You can throw the ball when we go to the playground." Just keep in mind that "no" can be a trigger word for some children. A good rule of thumb is to let children know what they CAN do. Always set children up for success by setting clear expectations.

Do you have a question you would like to see answered in our column? Feel free to email it to AskTheBehaviorCoach@gmail.com. We will keep your identity private. Your question is probably one someone else needs answering, so ask away! Your time is appreciated!



In each issue you will find a new card to help you build your very own "Calming Choices" Card Set for your classroom.

When I am upset, I can...

TAKE A WALK



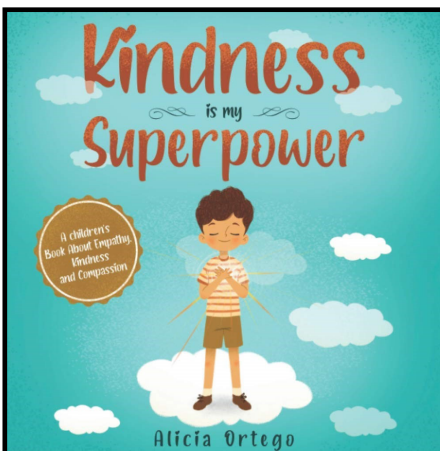
For durability and repetitive use, print on cardstock paper and laminate.

"When is challenging behavior most likely to occur?
When the demands being placed on a child exceed his capacity to respond adaptively."

— Ross W. Greene



Social/Emotional Book Nook



Perfect for children from three to six years of age, this book won the Mom's Choice Award in 2022. This book is sure to be a favorite among children and one that is asked to be read repeatedly. From colorful, adorable illustrations to its' fun rhyming words, children will enjoy it while also learning how to be kind to others. Children learn best by example and *Kindness Is my Superpower* models not only kindness, but compassion and empathy too.

Renaee Lingafelt-Beeker
RBeeker@childcareresourcecenter.org
245-4900, ext. 1010

Cherie A. White
CWhite@childcareresourcecenter.org
245-4900, ext. 1017

