

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



# OH, Behave!

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## Ask The Healthy Social Behaviors Coaches!

### Tip of the Month:

Take a deep breath and remain calm when dealing with problematic behavior. This takes practice. The goal is to be responsive rather than reactive!

Our statewide team of Healthy Social Behaviors Coaches wanted to take this issue and devote it to some of the most common questions we receive while serving the early care and education community. Every region throughout North Carolina staffs at least one coach (many areas have more than one) who are available to answer teacher's questions and offer classroom support and technical assistance. Our team also has a Helpline available that teachers can call or email to speak with a Behavior Support Advisor. The number is 1-888-600-1685 Option 1. Webinars are offered monthly for free on a variety of behavioral topics and there is time allotted for questions and answers also. For more information, please see the back of this issue!

**Question:** I have tried everything, but I can't seem to get the children in my class to stop hitting one another. I am stumped as to what to try next! Please help!

**Answer:** This is hard to watch in action for certain! Ideally, we want all the children in our classroom to get along, but young children are practicing social and emotional skills in a group setting of others the same age. A part of that learning involves messing up and trying again and again until they get it right. Young children do not have the vocabulary to adequately express their wants or needs yet. As we know, all behavior is a form of communication and hitting is one way children let us know they are frustrated. While you teach the children in your class how to more appropriately communicate their feelings, try these tips:

- Teach all children how to prevent themselves from being a victim. Young toddlers can be taught to put their hand up in a "Stop!" motion and say, "No!" or "Don't!" Rehearse with children so they understand how to say it with conviction and intent.
- Keep in mind this is a developmental stage and young children have not yet developed empathy or compassion for others. Impulse control is a hard skill for four-year-olds, so be careful about placing unreasonable expectations on young children.
- Move the children away from one another so the hitting behavior does not escalate. Tend to the child that was hit and apply basic first aid if necessary.
- Allow both children to calm down. These situations are typically heated causing hurt feelings.
- Talk with each child about what occurred and validate their feelings.
- Ask them what they could do differently next time. Problem-solving is a social and emotional skill that young children are learning in the preschool years as well. Visuals help! Check out the Solution Kit cards [here](#). This provides you with a letter that can be sent home to parents letting them know what you are doing in the classroom. Additionally, there are large poster-size colorful cards you can download and smaller solution cards to place on a coil bracelet to make it portable or to place in a kit you make for the classroom.
- Model the behavior you want to see in the children. Support them and encourage them as they learn social and emotional skills and learn new ways to handle big feelings. You've got this! ♥

### 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](#).

Do you have a question you would like to see answered in our column? Feel free to email it to [AskTheBehaviorCoach@gmail.com](mailto: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!



## Ask The Healthy Social Behaviors Coaches!

**Question:** I am going to teach a class of older three-year-olds and younger four-year-olds this school year and I am thrilled at this opportunity! I want to focus on emotional literacy not only in the classroom, but also by supporting the families at home. I don't want them to be overwhelmed with handouts. Can you recommend one that is inviting to read that provides actual activity ideas?

**Answer:** Yes! The National Center for Pyramid Model Innovations ([NCPMI](#)) has just the thing! They provide a one-page handout with several fun things for parents/children to do together. You can also share the activities one at a time with families by cutting and pasting into a classroom newsletter. The site features handouts and materials in twelve different languages which enables you to partner with families in their home dialect. You can easily find this information [here](#).



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...

**DRINK WATER**



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

### 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](http://childcareresourcesinc.org/challenging-behaviors-helpline)



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

## Getting Started in the New School Year

Tuesday, August 20 | 7-8 pm



When entering a new classroom or returning from summer break, children need support **establishing relationships** and **adjusting to routines**. Join us as we discuss effective strategies teachers can use to have a great, fresh start!

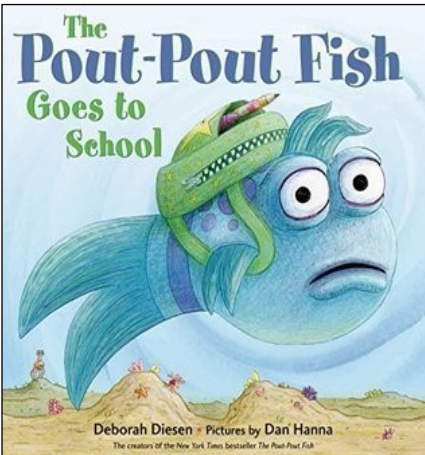
[Click to join the webinar!](#)

Meeting ID: 367 799 7738



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Division of Child Development and Early Education

## Social/Emotional Book Nook



Poor Mr. Fish is nervously awaiting his first day of school, and he frets about not knowing how to write his name, how to draw shapes, and how to do math—until he's reassured that school is the perfect place to learn how to master all of these new skills.

This is one of several in a series that is sure to delight young children. Ideal for young preschool-age children (2 to 5 years). It is also available as a read aloud book [here](#).



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