

CONNECTING AMIDST TRAUMA: STRATEGIES FOR NAVIGATING CHALLENGING BEHAVIORS

Teaching with CLASS Podcast Season 4 Episode 15

Guest: Johayra Bouza



+ Understanding the Impact of Trauma

Traumatic experiences during the COVID-19 pandemic have increased students' challenging behaviors. Social isolation, financial stress, and family issues have influenced children's behaviors in the classroom.

+ Strategies for Dealing with Challenging Behaviors

Dr. Bouza emphasizes the importance of staying calm when faced with challenging behaviors. Recommends taking a deep breath to activate a calm nervous system. Setting clear boundaries and addressing dangerous behavior promptly is crucial. Connecting with both the child exhibiting challenging behavior and the affected child is essential for emotional support. Model positive behaviors and provide calming activities to help children manage their emotions.

+ Building Connections with Families

Reframe perceptions of challenging behaviors by considering the child's background and potential trauma.

Use positive deposits when communicating with families; highlight one positive aspect of the child's behavior regularly. Approach parents respectfully and inquire about their child's interests, skills, and daily routines. Encourage parents to notice and appreciate their child's positive actions at home.

+ Communicating Effectively with Families

Share observations of positive behaviors with parents during pick-up or drop-off. Foster open communication by asking about the child's interests and activities at home. Collaborate with parents to address challenging behaviors, sharing strategies used in the classroom. Be empathetic and trauma-informed, presuming every challenging behavior stems from a deeper, potentially heartbreaking story.

+ Encouraging Family-Child Connections at Home

Help parents notice and appreciate their child's positive actions. Incorporate connection-building strategies into existing family routines and activities. Ask open-ended questions about the child's interests and experiences to strengthen parent-child bonds. Highlight the importance of positive communication and reinforcement at home.

This resource serves as a comprehensive guide for teachers facing challenging behaviors in the aftermath of trauma.

To listen to this episode and read the transcript, visit our [blog](#).

