

Key Takeaways

Modeling Composure to support self-regulation

- Being aware of Adult emotional triggers or strong emotions and practicing regulating and managing them by deep breathing and using positive self talk. Remaining calm yet intentional during interactions to respond to children's needs vs. reacting by impulse or emotional trigger.

Creating a safe space to release strong emotions

- A physical space where children can independently process emotions that is visible to adults for close supervision. Create a space with children's input for safely expressing strong emotions using: mirrors, soft objects, family photos, feelings charts and other visuals displaying emotions.

Acknowledging Feelings while stating a boundary:

- Naming the feeling/emotion during a conflict and narrating the action or behavior that was unsafe or unhealthy. Labeling the feeling through verbal affirmations or physical safe touch while stating the boundary (unsafe or unhealthy action/behavior)

Episode Notes

In this episode, our guest Michelle Gallindo discusses "Challenging" behavior and some strategies of how to appropriately respond

Behavior Management, guiding positive behavior, and encouraging self-regulation is a topic we can all relate to, no matter our role. **Can you think of a time when you struggled to support positive behavior with a child? How were you able to overcome this challenge, and do you have any tips or tricks to share with others?**

I really loved when Michelle talked about healthy vs unhealthy behavior or safe vs. not safe ways for a child to communicate their needs. **How can we adjust to the needs of the child while still maintaining our composure? Can you think of a time that your response to a child impacted their behavior?**

How can we get away from using the term "challenging behavior" as a label? How can we collaborate with our network of parents, administrators, coaches, etc. to intentionally change the way we approach unsafe or unhealthy behavior? Things to ask ourselves: What is the child trying to express? How can I guide these children to express themselves in a safe or healthy way?

I also loved when Michelle talked about how strong emotional reactions from children are natural. When we as adults have strong emotional responses, we are able to manage them by decompressing in some way. This might be going on a walk, or entering a private space to let our emotions out. **How can we create a safe space for children to be able to express themselves when these strong emotions arise?**