



PAL Community Meeting: Supporting Children's Behavior

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Supporting children's behavior

How we can help support and de-escalate
challenging behaviors in Playspace



✦ All behavior is a form
✦ of communication

De-escalating behaviors

Adult support

A lot of best practices come from the adult's response to behavior. Adults can model positive interactions, strategies, and maintaining a calm, warm environment and empathetic demeanor using co-regulation strategies. Help children access strategies

Reminders

Every child is unique, every behavior is unique, every strategy is unique. What works for one child may not work with another child. Emphasis is on skill building over time and supporting children to develop coping strategies over time.



De-escalation strategies

Strategy	Description/Example
Stay calm and maintain composure	Be the child's calm to promote co-regulation Warm, empathetic body language
Use positive reinforcement	Acknowledge and praise positive behaviors throughout shift Reinforce desired behaviors, find small successes
Redirect attention	Offer alternative choices Create more open-ended "zones" of play

De-escalation strategies

Strategy

Description/Example

Visual supports

Using feelings mirror to help children name their emotion

Offer visual choices through pictures or gestures

Provide a safe space

Validate and acknowledge feelings

Create a calm, quiet space for children to take space

Clear simple instructions

Use direct and concise age-appropriate language

Break down tasks, don't overwhelm with too many choices

Discussion/Scenarios

- **Think** of an example of a challenging behavior you have experienced with a child in Playspace. When reflecting on this example, think about what that child may have been trying to communicate.
- **Share:** What strategies or supports either were helpful or may have been able to help support the child?
- **Discuss** as a whole group

Thanks!

Do you have any questions?

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