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Supporting Challenging  
Behaviors

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Welcome: PAL Community  
Meeting #4  
9/5/2024



# Agenda

**01**

Check in

**02**

Understanding  
childhood development

**03**

Behavior as  
communication

**04**

ABCs of behavior

**05**

Strategies and  
coregulation

**06**

Conclusions



# 01 ✨ Checking in ✨



# Checking in

## Positive

- Please describe a current positive, highlight, or feel good story from Playsapce!

## Constructive

- What is a behavior that you see to be challenging in Playspace?
- If you and/or your PAL partners have tried different strategies, please share.

02



# Understanding Child development





# Understanding Child Development

Toddlers and preschoolers are learning more about their environment every day

Toddler and preschool behaviors are part of their development and understanding their needs is crucial

Play based activities help support childhood development



# Play based activities support child behavior

## Emotional regulation and social skills

Engaging in play is stress relieving and allows for safe outlets to act out scenarios through dramatic play. Play also develops cooperative skills, practice with turn taking, and developing empathy and conflict resolution skills

## Problem Solving

Play allows children too think critically, trial and error, build, explore and create, while developing resiliency

## Self esteem

Successful play interactions builds a child's confidence and gain a sense of indepenence



Play based experiences helps to offset the effects of toxic stress and provides a supportive environment to develop positive behaviors and social skills







**03** ✨ Behavior is  
communication ✨



# Behavior is communication

## Expressing needs/wants

Attention seeking, wanting a toy someone else has, boredom

## Expressing emotions/coping with stress

Expressing anger, sadness, or avoiding certain activities or transitions

## Social interaction

Testing boundaries and seeking or playful behavior (extra silly, rough housing)



Understanding the underlying function  
of the behavior helps adults support  
children in managing their behaviors



04



# ABCs of Behavior





# Hypotheses

1

**Antecedent: right before behavior (triggers or cues)**

Change in routine, transition, wanting a toy, a demand “clean up”

2

**Behavior: the event itself**

Tantrums, hitting, running out, pushing, grabbing toys

3

**Consequence: what happens right after behavior**

Attention, getting the intended toy, avoiding leaving



**05** ✨ **Strategies** ✨



# Strategies and coregulation

## Strategies

- Redirection to target positive behaviors
- Positive reinforcement when you see target behaviors
- Calm down kits and providing a quieter space
- Developing routines

## Coregulation

- Empathy: validating child's emotions
- Active listening
- Mirroring and matching to help model
- Remaining calm



**05** ✨ **Conclusion** ✨



# Discussion

## Revisiting scenarios

- Revisit a behavior scenario that was described in the beginning:
- Dissect the ABCs or possible ABCs of the behavior
- Discuss the possible function of the behavior

## Strategies

- Brainstorm and discuss possible strategies or supports for a child exhibiting these behaviors
- How can coregulation strategies support the behavior?
- How does play-based opportunities help to support the behavior over time?

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★ Thanks! ★



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