



Quality ChildCare

For Registered Home-Based Providers

LEARNING TO GROW ★ WINDWARD COMMUNITY COLLEGE Vol. VIII, No. 2

10 Hallmarks of Quality Child Care

- ★ Build trusting relationships
- ★ Provide consistent care
- ★ Support children's health
- ★ Provide a safe environment
- ★ Provide positive guidance
- ★ Provide a languagerich environment
- ★ Foster curiosity and development through play
- ★ Individualize care and learning activities
- ★ Partner with parents
- ★ Pursue personal and professional growth

This Month's Hallmark of Quality Child Care

Provide Positive Guidance

Challenging Behaviors – Why Do They Do That?!

That is challenging behavior? According to Challenging Behavior in Young Children by Barbara Kaiser and Judy Sklar Rasminsky, challenging behavior is defined as any behavior that:

- Interferes with children's learning, development and successful play.
- Is harmful to the child, other children or adults.
- Puts a child at high risk for later social problems or school failure.

According to *The Center on the Social and Emotional Foundations for Early Learning (CSEFEL)*, "Children's behavior has meaning— it's just that adults don't always understand what the meaning is. In the early years, before children have strong language skills, it can be especially hard to understand what a baby or toddler is trying to communicate." Sometimes the behavior can be misinterpreted as aggressive, and can be challenging for the provider when it is persistent and unpredictable. Oftentimes, what is described as challenging behavior is actually developmentally typical behavior for young children.

Past experiences, culture, and beliefs all influence how providers interpret behavior. Take some time to reflect on what you perceive as challenging and why those behaviors might be particularly challenging for you.

Remember **all** behavior has meaning! This newsletter presents an overview of some of the common challenging behaviors

providers may encounter within each age group (infants, toddlers and preschoolers). We will address possible meanings behind the behavior, and how providers can respond to the challenging behaviors in order to help guide the children to communicate their needs and get them met.







Challenging Behaviors

Infants

Some common behaviors that infants might exhibit which could be challenging for providers are:

- Crying
- Separation Anxiety

Crying

Infants use their whole bodies to communicate. They lack the ability to self-regulate or calm themselves down.

Possible Meanings Behind the Behavior:

- His basic needs are not met he is hungry, tired or has a soiled diaper.
- He is overstimulated by the environment.

How You Can Respond:

- Make sure basic needs are met (recently fed, well rested, and a clean diaper).
- Hold him close to your body (you can use a carrier) and take slow calming breaths, sing or hum to him.

If none of these ideas work and his crying is persistent and you feel yourself getting frustrated, place him on his back in a safe sleep area and walk away for a few minutes to calm down. However, it is important to stay within hearing and sight distance and check on him every 5–10 minutes.





Separation Anxiety

Separation Anxiety is a normal stage of development usually starting at about 9 months and refers to the anxiety infants experience when his primary caregiver leaves. When an infant displays separation anxiety, it is a sign that there is a secure attachment between the infant and a parent or caregiver.

Possible Meanings Behind the Behavior:

- He may have experienced a change in caregiver or routines.
- He understands that someone he cares about is gone.

How You Can Respond:

- Develop and follow a consistent goodbye routine with hugs and kisses. Ensure the parent never sneaks out and always says goodbye. Sneaking away can cause worry that the parent will disappear at any time. You may create a book called *Mommy* (or Daddy) leaves...Mommy comes back, with photos of the parent leaving and picking the child up.
- Have the parent bring in a shirt or pillow case that has their scent, so he can snuggle close if needed.



NEVER SHAKE AN INFANT– remember, it is normal for infants to cry – it's okay and it won't hurt him.

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Toddlers

Toddlers naturally strive for independence and control. This stage of development can be challenging. Two of these challenging behaviors may be:

- Biting
- Tantrums

Biting

Biting is a very common behavior among toddlers. According to *Zero to Three*, "Most times toddlers bite in order to cope with a challenge or fulfill a need." It is important for providers to respond and not react to the child who bites. Avoid yelling, shaming the child, or labeling the child a "biter."

Possible Meanings Behind the Behavior:

- He lacks the language skills in order to express strong feelings like frustration, anger, or even joy.
- He is overwhelmed by sounds, activity level, and the environment.

How You Can Respond:

- Teach him to say power words to build language skills like "STOP!" or "I WANT!"
- Shift attention to the child who was bitten. This teaches empathy.

Tantrums

Most toddlers lack problem solving skills and have trouble asking for things and expressing emotions. Tantrums are most likely to happen when toddlers are tired, hungry or over-excited.

Possible Meanings Behind the Behavior:

- He needs help and doesn't know how to ask.
- He is hungry, exhausted or overstimulated.

How You Can Respond:

- If safe and appropriate, ignore the tantrum. You can say "I will be right here when you are ready."
- Stay calm count to 10 and breathe!
 You are setting an example of how to handle strong emotions.



Preschoolers

Preschoolers are developing prosocial or friendship skills. Many of the challenging behaviors at this age are because children are still trying to figure out how to interact with others. Aggressive behaviors such as hitting, pushing or yelling may be challenging behaviors for this age group.

Oftentimes, aggressive behaviors for preschoolers are a cry for help. Most times the aggression is not to intentionally hurt the other child.

Possible Meanings Behind the Behavior:

- He may still lack self-control.
- There may be too many transitions.

How You Can Respond:

- Observe his patterns and recognize his triggers.
- Catch him being kind and gentle with friends, and tell him about what you see, encouraging these positive behaviors.

Training Opportunity

Turn Challenging Behavior into Prosocial Learning: A New Year Brings New Opportunities, by Jacky Howell

This training is 1.5 hours - watch to the end to learn how to receive a certificate.

https://www.earlychildhoodwebinars.com/webinars/turn-challenging-behavior-into-prosocial-learning-a-new-year-brings-new-opportunities-by-jacky-howell/



Featured Activity Provider Self-Care



You can't give what you don't have. Working with children and families can be stressful add challenging behaviors and providers can feel overwhelmed and exhausted. Here are a few self-care ideas that might help.

- Breathe Pay attention to your breathing to center yourself. Breathe in through your nose and out slowly through your mouth. Repeat.
- Get creative Color, draw or do a hand craft, e.g., crochet.
- Connect Connect with safe people or animals in your life.
- Positivity Look for and document the positive. Write one positive thing a day.
- Unwind- Watch mindless tv, take a hot bath, listen to music, meditate, or eat a piece of dark chocolate.
- Get Moving Walk, run, Zumba or just dance it out.

Citations

Kaiser, B. & Rasminsky, J.S. (2016) Challenging Behavior in Young Children (4th edition). Pearson.

The Center on the Social and Emotional Foundations for Early Learning / Vanderbilt University. Understanding Your Child's Behavior: Reading Your Child's Cues from Birth to Age 2. http://csefel.vanderbilt.edu/documents/reading_ cues.pdf

Zero to Three (2016). Toddlers and Biting: Finding the Right Response. https://www.zerotothree.org/ resources/232-toddlers-and-biting-finding-theright-response

Suggested Books

Discover these books and more at the Hawai'i State Public Library www.librarieshawaii.org

Infants and Toddlers

Bye-Bye Time (Toddler Tools)

by Elizabeth Verdick

This book uses simple language to talk about saying goodbye and uses simple rituals to help: Hugs and kisses, a big wave, a

deep breath, all to help with the transition.

Teeth Are Not for Biting

by Elizabeth Verdick This book illustrates "OUCH! Biting hurts!" and offers other things that toddlers can do instead of biting.



Preschoolers

Angry Arthur

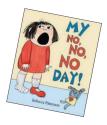
by Hiawyn Oram

Arthur wants to stay up and watch tv, but his mom says no and Arthur gets angry. In Arthur's mind, his anger destroys everything in its path. When he sits and thinks in the end, he can't remember why he was angry.



My No, No, No Day!

by Rebecca Patterson This book introduces many reasons for Bella to be upset and yell and say no, but a cuddle with mom brings a bright look at tomorrow.





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