

# Challenging Behaviors

Guidance and support for child care programs in the midst of COVID-19

Host: Becky Edwards, Healthy Child Care Colorado

Presenter: Susan Burton, MEd/CLC, Manager of Practice Improvement

ABCD/Assuring Better Child Health and Development

May 18, 2020

**Please note:** Today's huddle is for support strategies and is not an approved training.

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**A** **B** Assuring  
Better  
**C** **D** Child Health &  
Development

*Early Pathways. Lifelong Benefits.*

# Healthy Child Care Colorado

Our mission is to build safe, supportive, and healthy early childhood settings and systems where children and professionals learn and grow.



OBESITY  
PREVENTION



SOCIAL &  
EMOTIONAL  
WELL-BEING



ORAL  
HEALTH



INJURY  
PREVENTION

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# Introduction

Healthy Child Care Colorado is hosting a series of huddles to elevate needs that arise and provide information that can support child care programs throughout the COVID-19 crisis.

## **What is a huddle?**

A huddle is a short meeting that occurs frequently so teams are informed and aligned. Huddles also provide a venue for participants to share, celebrate, and motivate one another.

# Huddle Etiquette



- Please keep yourself on mute
- Use the chat box to ask questions
- The huddle is being recorded and posted on our website



## Little Children Have Big Feelings

As caregivers, how do we  
help them when they  
present with  
Challenging Behaviors?

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# Guiding Questions

- How do we help the young children we care for as they react to the impact of Covid-19?
- How do young children deal with stress?
- What can challenging behavior tell us about a child?
- How can we support the children while we are struggling ourselves?
- How do we develop strategies to build resilience and capacity for both young children and their caregivers?

# What Does Stress In Children Look Like?



- Behavioral difficulties
- Aggressiveness
- Difficulty forming relationships
- Difficulty in identifying and expressing emotion
- Separation anxiety
- Tears

# For young children, behavior is communication that is used to meet needs

As adults we need to do the following:

- Determine the purpose of a child's behavior, start by looking at what is happening before and after it begins.
- Consider changes in routines, times of the day it happens, and social situations that seem to trigger it.
- If you can identify the purpose of a child's behavior, you can develop other strategies to address his or her needs and encourage positive behaviors.

Every child needs at least one adult who is irrationally crazy about him.  
- Urie Bronfenbrenner



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# Social emotional competence in a young child is developing the capacity to:

- form close and secure relationships
- have a good sense of self
- interact successfully with others
- experience, regulate, and express emotions in socially and culturally appropriate ways
- explore the environment and learn - all in the context of family, community, and culture.

# What can you do?



- Be alert to signs of stress and **respond** to children's cues.
- Use consistent and **responsive routines** for daily care.
- Use **predictable schedules and routines** which help to make children feel safe and secure.
- Ensure new experiences for young children are supported through the presence of a close, continuous, and **consistent caregiver**.

# Responsive Caregiving

Practice active listening and close observation.

Teach and model communication and social emotional skills.

Explore and label feelings.

Acknowledge effort and celebrate success.

Provide comfort and encouragement.

Supporting children and families is hard work.  
It takes energy and compassion.  
Be sure to practice some self-care.



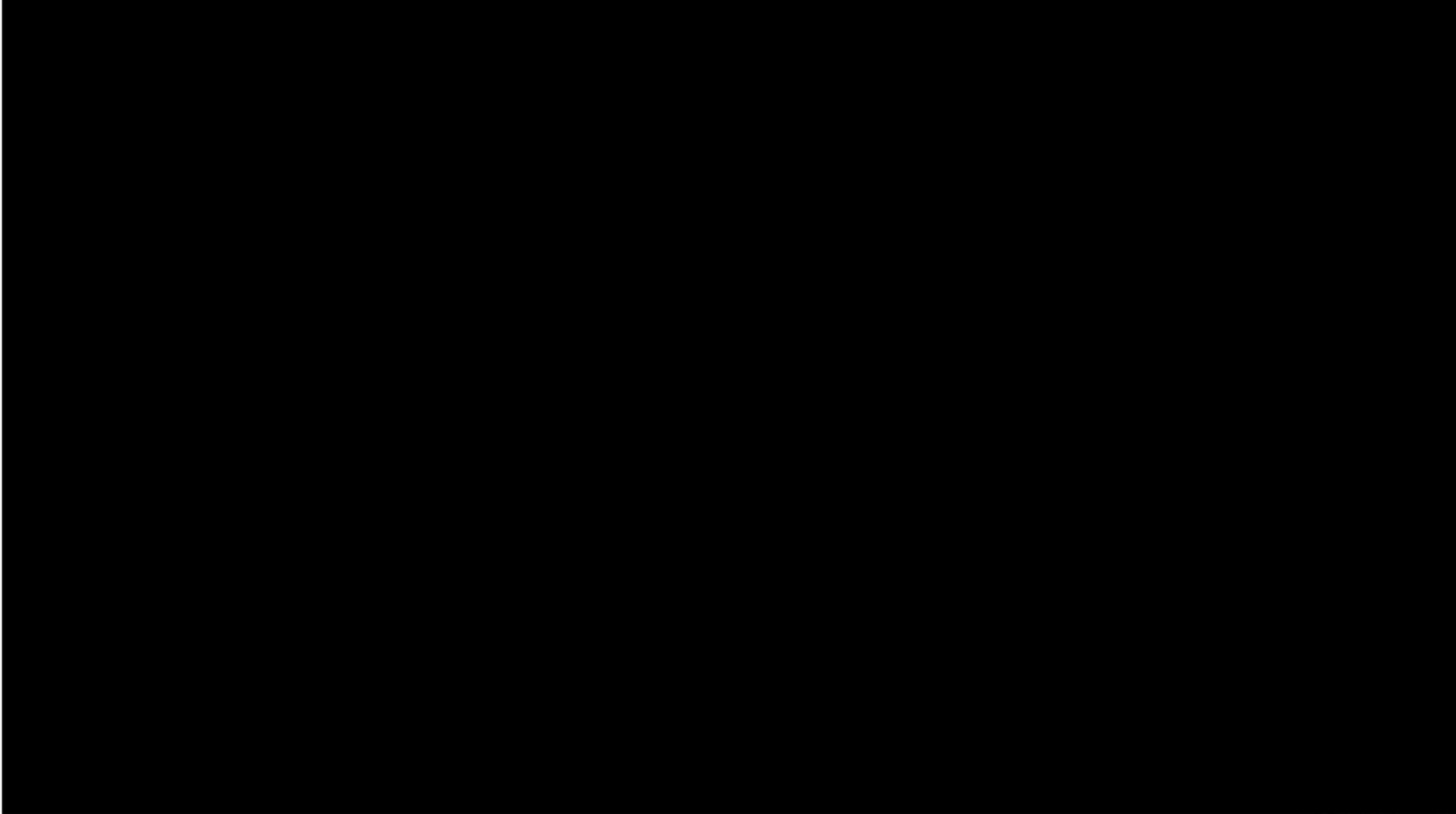
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# Tools You Can Use



- Feelings Charts to Encourage Children to Label their emotions
- Mindful Moments
- Kids Yoga
- Play hard...children need to run, climb, jump and throw
- Quiet times to read a familiar story with an adult

# Cosmic Kids Yoga Pose Universe



“Young children are exquisitely sensitive to the emotional well-being and life circumstances of their caregivers, which can profoundly affect the quality of infant-caregiver relationships.”  
Osofsky & Thomas, 2012



# Learning through Play

Dramatic play station can help children work through their feelings about this time:

- Places they miss (library story hour, restaurants, grandma's house)
- Places their parents work (supermarkets, hospitals)

Art:

- Draw your feelings
- Paint a happy picture for the person you miss seeing

Music/movement:

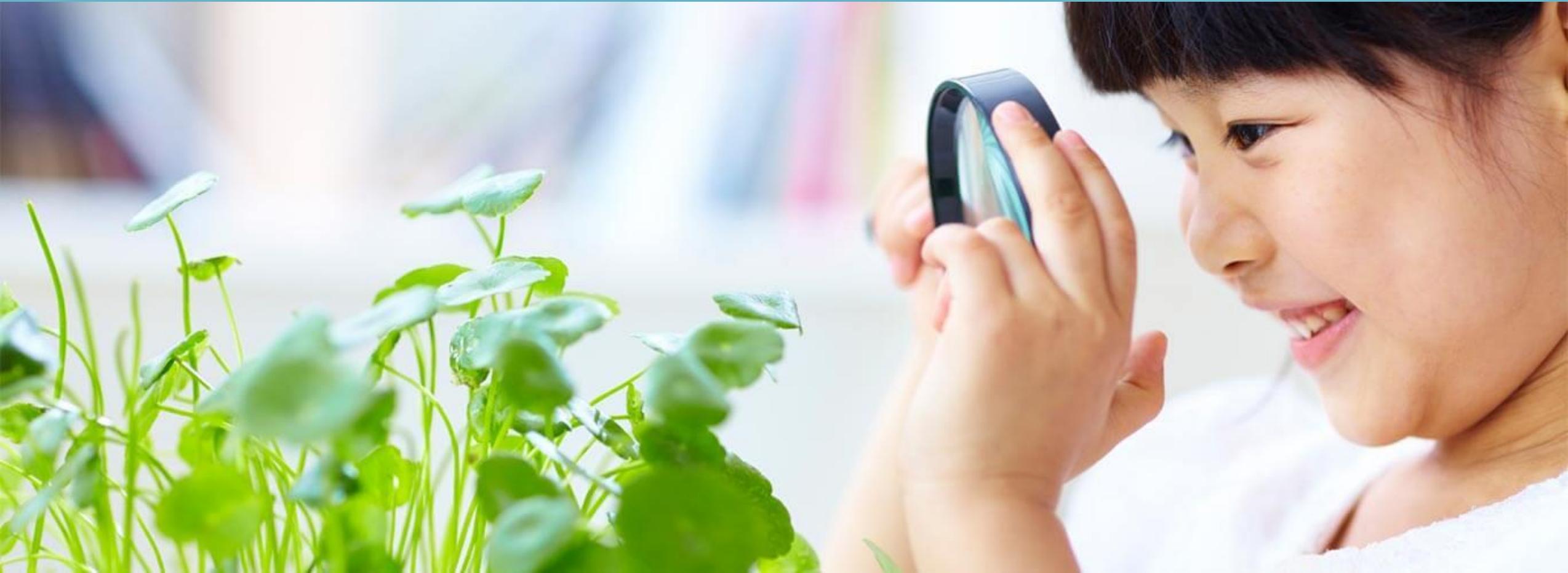
- Silly songs to wash your hands
- Stomp out the virus dance

# Recognize When Children Need Help

During this time of change and uncertainty, it is important to know when challenging behaviors require a higher level of care. Encouraging parents to speak to their pediatrician about concerns is an important part of our work.

Families may need additional support from Behavioral Health professionals.

# Questions?



# Resources

- Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world. • Stream all our videos ad-free: <https://app.cosmickids.com>
- Sesame Street has been a leader in delivering important messages in a developmentally appropriate way. <https://www.sesamestreet.org/caring>
- Parents with Confidence has some great mindfulness activities for children. <https://parentswithconfidence.com/25-mindfulness-practices-for-kids-who-cant-sit-still/>
- Colorado Office of Early Childhood has a detailed resource guide for parents and professionals. [https://dcfs.my.salesforce.com/sfc/p/#410000012srR/a/4N000000Htq7/QesPwbkY.Dvsje79.N\\_J.6w8\\_auzdaSCi.SGytipgWk](https://dcfs.my.salesforce.com/sfc/p/#410000012srR/a/4N000000Htq7/QesPwbkY.Dvsje79.N_J.6w8_auzdaSCi.SGytipgWk)

# COVID-19: Temporary Employment Opportunities



**COLORADO**

**Office of Early Childhood**

Department of Human Services

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Healthy Child Care Colorado's job board is being used as a platform to connect licensed programs with temporarily available early childhood professionals.

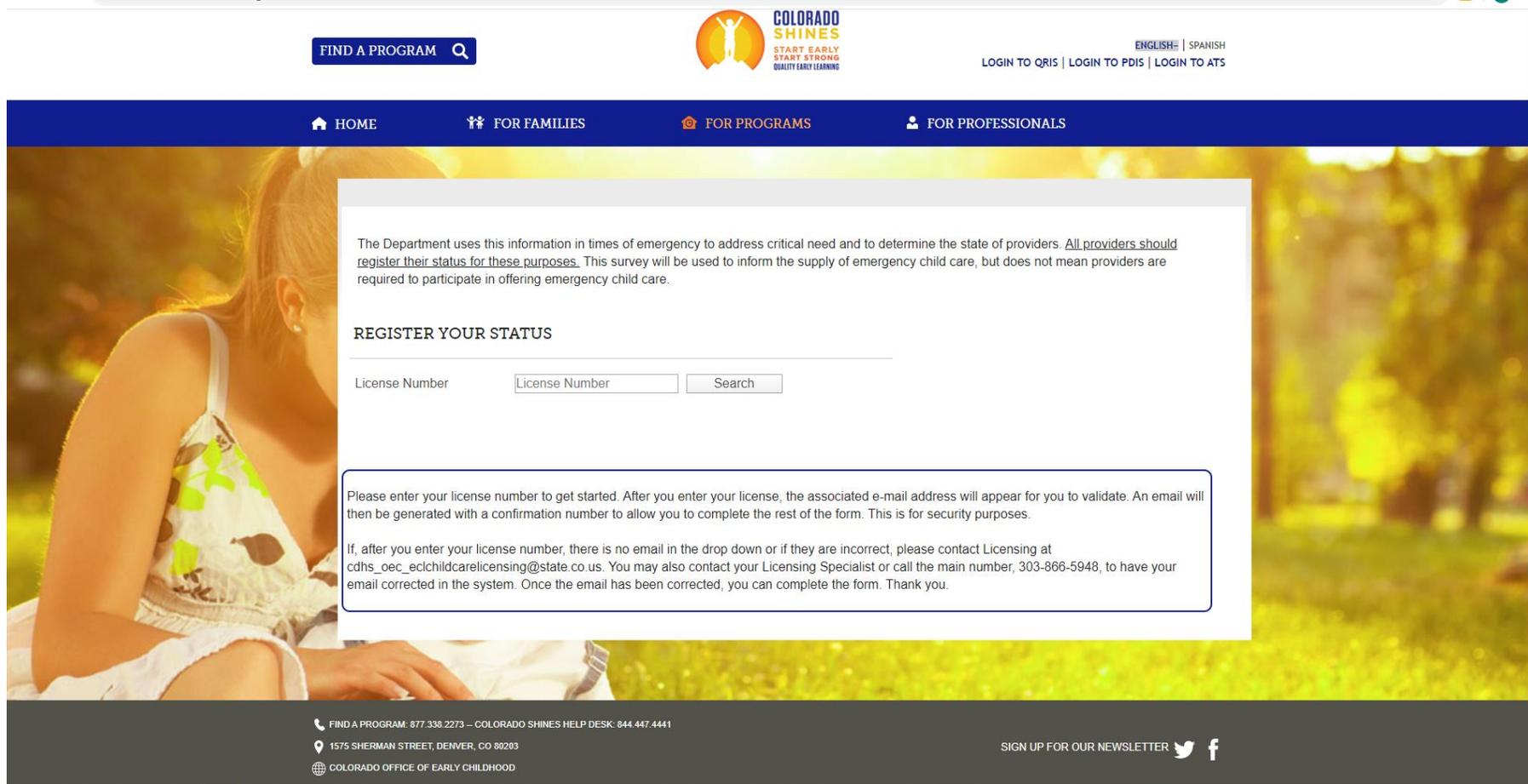
- **Child care providers who need temporary staff to stay open during this crisis** may [create a free Healthy Child Care Colorado account and post their job listings on the job board](#), under the category “Temporary – COVID-19.”
- **Early childhood professionals who are temporarily available due to COVID-related closures and who wish to work at another licensed program** should complete the [Interested in Temporarily Working at a Child Care Program](#) form. The Office of Early Childhood will verify qualifications and send a verification letter.

To learn more please visit the [Colorado Office of Early Childhood](#)

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# Please Update your Status

## CDHS Child Care - "Update your status"



The screenshot displays the Colorado Shines website interface. At the top, there is a navigation bar with a search button labeled "FIND A PROGRAM" and the Colorado Shines logo. The logo includes the text "COLORADO SHINES" and "START EARLY START STRONG QUALITY EARLY LEARNING". To the right of the logo are language options for "ENGLISH" and "SPANISH", and links for "LOGIN TO QRIS", "LOGIN TO PDIS", and "LOGIN TO ATS".

Below the navigation bar is a dark blue header with four menu items: "HOME", "FOR FAMILIES", "FOR PROGRAMS", and "FOR PROFESSIONALS".

The main content area features a large background image of a young girl. Overlaid on this image is a white form titled "REGISTER YOUR STATUS". The form contains the following text:

The Department uses this information in times of emergency to address critical need and to determine the state of providers. All providers should register their status for these purposes. This survey will be used to inform the supply of emergency child care, but does not mean providers are required to participate in offering emergency child care.

**REGISTER YOUR STATUS**

License Number

Please enter your license number to get started. After you enter your license, the associated e-mail address will appear for you to validate. An email will then be generated with a confirmation number to allow you to complete the rest of the form. This is for security purposes.

If, after you enter your license number, there is no email in the drop down or if they are incorrect, please contact Licensing at [cdhs\\_oechildcarelicensing@state.co.us](mailto:cdhs_oechildcarelicensing@state.co.us). You may also contact your Licensing Specialist or call the main number, 303-866-5948, to have your email corrected in the system. Once the email has been corrected, you can complete the form. Thank you.

At the bottom of the page, there is a dark footer with contact information: "FIND A PROGRAM: 877-338-2273 -- COLORADO SHINES HELP DESK: 844-447-4441", "1575 SHERMAN STREET, DENVER, CO 80203", "COLORADO OFFICE OF EARLY CHILDHOOD", and a link to "SIGN UP FOR OUR NEWSLETTER" with social media icons for Twitter and Facebook.

# Huddles

Our huddles are open to child care health consultants, early childhood programs, and other interested stakeholders

<https://healthychildcareco.org/policy-advocacy/ece-resources/>

**May 27, 2020 – Partnering with Families**

Host: Becky Edwards, Healthy Child Care Colorado

Presenter: Susan Burton, ABCD/Assuring Better Child Health and Development

# Upcoming Webinar Trainings

- 6/3 Let's Get Healthy! Guiding Young Children to Eat Healthy and Play Hard
- 6/10 Caring Connections: Fostering Strong Relationships with Infants and Toddlers

<https://healthychildcareco.org/training/early-childhood-education-trainings/>

**Trainings**  
**\$10**

# Program Support

## Program Resources

- [Food Assistance](#) (CACFP)
- [Essential Baby Supplies](#) (CDHS)
- [Face Covering Guidance](#) (CDPHE)

## Social-Emotional Resources

- [ECE Resource Roundup](#) (Healthy Child Care Colorado)

## COVID-19 Guidance for Programs

- [COVID-19 Health & Safety Toolkit](#) (Healthy Child Care Colorado)

# Thanks for joining us!

[www.healthychildcareco.org](http://www.healthychildcareco.org)

[info@healthychildcareco.org](mailto:info@healthychildcareco.org)

303-339-6800

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