



Working With Difficult Children Under 5

Clinical Education

• Jan 2017

FIRST THINGS FIRST

* HAVE STRUCTURE:

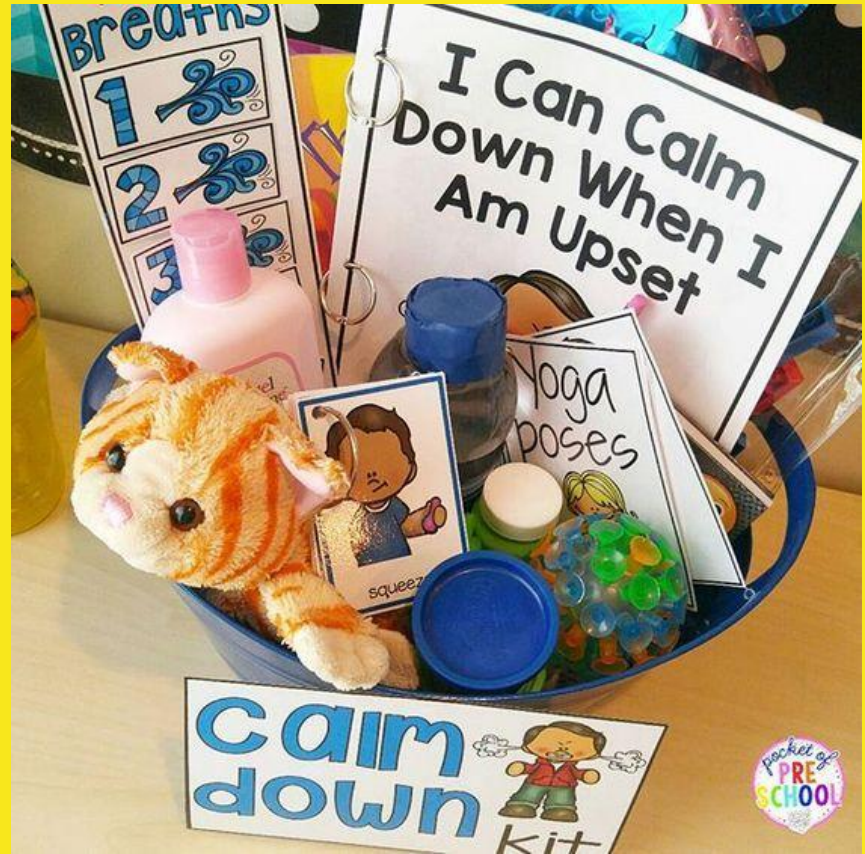
1. SET RULES AND BOUNDARIES
2. HAVE PREPARED LESSON PLANS
3. HAVE PLENTY OF MATERIALS
4. HAVE A REWARD AND DISCIPLINE SYSTEM (CHARTS HELP)
5. HAVE ITEMS FOR CALMING DOWN



MADSIMPLEMOMMY

DEALING WITH TANTRUMS

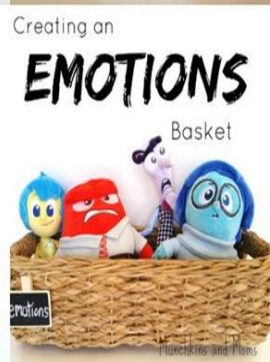
- BE FIRM, DON'T YELL
- BE CONSISTENT
- HAVE A TIME-OUT SPOT
- TEACH COPING & ANGER MANAGEMENT SKILLS USING ACTIVITIES FROM CALM-DOWN-KITS
- PRACTICE DEEP BREATHING



PRINTABLE
FEELINGS
FLASHCARDS



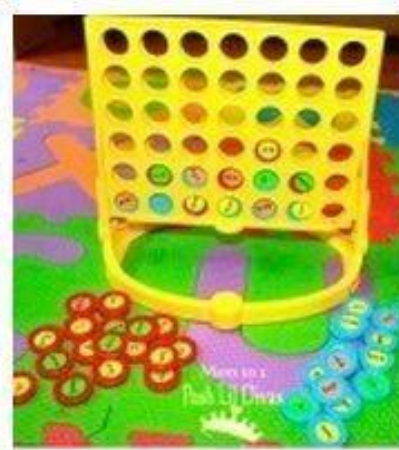
IDENTIFY EMOTIONS & LEARN TO EXPRESS THEM USING INSIDE OUT



GAMES ARE THE MOST EFFECTIVE INTERVENTIONS

TURN AVERAGE GAMES INTO
INTERVENTIONS THAT PRACTICE
SKILLS:

- KEEP THEIR ATTENTION
- ALLOW THEM TO HAVE FUN
- LEARN THROUGH PLAY



PROVIDER'S TOP TIPS COUNTDOWN:

- #8 GIVE POSITIVE ATTENTION TO POSITIVE BEHAVIOR TO ENCOURAGE IT MORE OFTEN
- #7 USE POSITIVE LANGUAGE OVER WORDS LIKE "BAD" AND "WRONG" AND USE REDIRECTION
- #6 BE CONSISTENT WITH REWARDS AND CONSEQUENCES
- #5 STRUCTURED AND UNSTRUCTURED PLAY IS BENEFICIAL FOR GROWTH
- #4 SET ASIDE A TIME OUT AREA OR CHAIR
- #3 USE VISUAL REINFORCEMENTS LIKE STOP LIGHTS TO TEACH: GO, WARNING, & STOP FOR TIMEOUT
- #2 PUPPET ROLE PLAYING GOES A LONG WAY
- #1 BE SPONTANEOUS & CREATIVE WITH ACTIVITIES TO KEEP THEIR ATTENTION



ADDITIONAL RESOURCES



<https://www.pinterest.com/KendahlCraig/bst-interventions-ideas/>

<https://www.pinterest.com/trublutxn/?etslf=5792&eq=pam>



Look for:
Communication skills kids,
Social skills kids,
or kids skills
for playlists and
videos for
lessons



<http://www.jumpstart.com/parents/worksheet-social-skills-worksheets>

<http://www.therapistaid.com/therapy-worksheets/none/children>



Sibling Rivalry: *Brother Bear*

Anger Management: *Angry Birds*

Positive vs Negative Behavior:
Charlie and the Chocolate Factory

Social Boundaries: *Tarzan*

Emotional Awareness: *Inside Out*