

Workshop



Guiding Young Children's Behaviour

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Professional Development Workshop

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Are you looking to deepen your understanding of child development and behaviour expectations? Would you like to learn effective guidance strategies and techniques to promote positive behaviour in young children?

This engaging workshop is for everyone who works with young children. Whether you have been working in the field for several years or are just beginning your career in Early Childhood Education, this professional development will provide you with practical strategies and techniques to use with challenging behaviours.



Program Delivery
Online



Start Dates

For available dates, contact maria.chisamore@columbia.ca



Duration and Cost

Sessions 1-3 (\$275)

- 7.5 hours
(1 x 7.5h session or 3 x 2.5h sessions)

Sessions 1 & 2 only (\$255)

- 5 hours

*Note: The third session allows for more in-depth discussion on the topic.



Session One: Guiding Young Children's Behaviour Foundations

Session Objective: Provide early childhood educators with a foundational understanding of behavioural expectations, setting limits, and positive guidance techniques for young children.

1. Welcome & Introduction

Duration: 15 Minutes

- Activity: Quick Icebreaker – “Why I Work with Children”
- Overview: Briefly introduce session objectives and topics.

2. Appropriate Behavioural Expectations

Duration: 45 Minutes

- Presentation: Overview of behavioural expectations by developmental stage.
- Activity: Participants brainstorm examples of age-appropriate behaviours for one age group.
- Debrief: Quick round-robin sharing followed by facilitator summary of key points.

3. Learning From Consequences and Setting Limits

Duration: 35 Minutes

- Presentation: How children learn from consequences and the importance of setting limits.
- Practice: Participants practice setting clear limits using positive language.
- Reflection: Quick discussion on challenges in setting limits.

4. Break

Duration: 10 Minutes

5. Using Redirection and Avoiding Power Struggles

Duration: 45 Minutes

- Interactive Demonstration: The facilitator models redirection techniques and avoids power struggles.
- Practice: Participants are given specific scenarios to apply redirection techniques.
- Debrief: Share insights, with a brief Q&A.

6. Summary & Q&A

Duration: 15 Minutes

- Summary Discussion: Key takeaways and insights from each topic covered.
- Q&A: Address any remaining questions and discuss practical applications in participants' roles.
- Closing Remarks: The facilitator summarizes key points and encourages participants to set a goal for implementing a new strategy.

Session Two: Supporting Emotional Resilience and Positive Behaviour

Session Objective: Provide participants with strategies for helping young children express emotions, understand behaviour as communication, and guide positive behaviour.

1. Discussion: Who attempted a new strategy from Session 1 and how did it go?

Duration: 10 Minutes

2. Supporting Emotional Expression and Preventing Misbehaviours

Duration: 40 Minutes

- Presentation & Discussion: Brief overview of recognizing behaviour as communication and supporting emotional expression.
- Activity: Emotion Cards Exercise
- Participants practice identifying children's emotions using cards and discuss strategies to address specific behaviours based on those emotions.
- Reflection: Quick discussion on challenges and successes in helping children express emotions appropriately.

3. Teaching Children to Express Their Feelings

Duration: 40 Minutes

- Role Play: Participants practice acknowledging a child's feelings and guiding appropriate behaviour in response.
- Discussion: Reflect on challenges faced in helping children label emotions and express feelings constructively.
- Group Exercise: Brainstorm simple, age-appropriate strategies to help children articulate emotions and manage behaviours.

4. Break

Duration: 10 Minutes

5. Dealing with Particularly Challenging Behaviours

Duration: 40 Minutes

- Case Study Analysis: Review challenging behaviour scenarios (e.g., aggression, defiance, withdrawal).
- Activity: Brainstorm practical strategies for managing each behaviour presented.
- Debrief & Q&A: Facilitator-led feedback and discussion on practical application.

6. Summary & Q&A

Duration: 15 Minutes

- Reflection Discussion: Participants share one key takeaway or strategy they plan to apply.
- Q&A: Open forum to address remaining questions or seek clarification on specific situations.
- Closing Remarks: The facilitator summarizes key points and encourages participants to set a goal for implementing a new strategy.

Session Three: Inclusive Practices and Collaborative Relationships

Session Objective: Provide participants with strategies to address the unique needs of children with special needs and diverse cultural backgrounds and to build effective collaborative relationships with families.

1. Discussion: Who attempted a new strategy from Session 1 and how did it go?

Duration: 10 Minutes

2. Focus on Inclusion: Children with Special Needs

Duration: 35 Minutes

- Presentation & Discussion: Overview of common behavioural challenges among children with special needs and guidance strategies.
- Activity: Behaviour Support Planning
- Participants create a simple support plan for a hypothetical child with specific needs, focusing on empathy and communication strategies.
- Debrief: Each participant briefly presents their plan, with facilitator feedback.

3. Focus on Inclusion: Cultural Sensitivity

Duration: 35 Minutes

- Presentation: Brief overview of cultural influences on behaviour and the importance of culturally sensitive guidance.
- Brainstorm: Brainstorm ways to incorporate inclusive teaching practices for diverse cultural backgrounds.
- Reflection: Participants share strategies for creating respectful, inclusive environments.

4. Break

Duration: 10 Minutes

5. The Role of Collaborative Relationships in Effective Guidance

Duration: 35 Minutes

- Presentation: Importance of building relationships with caregivers and families to support behavioural guidance.
- Activity: Role-Playing Communication
- Participants practice parent-teacher communication scenarios, focusing on constructively approaching sensitive topics.
- Reflection: Discuss best practices and strategies for building trust and fostering collaborative relationships.

6. Summary, Reflection, and Self-Care

Duration: 25 Minutes

- Reflection Activity: Participants reflect on personal takeaways and consider how these inclusive and collaborative strategies can be applied in their roles.
- Self-Care Tips: Brief discussion on self-care practices for educators managing challenging behaviours and diverse needs.
- Closing Remarks: The facilitator summarizes key points and encourages participants to set a goal for implementing a new strategy.