

Helping the Child Manage Emotions and Behavior

**OCWTP
FOSTER CARE, KINSHIP CARE, AND
ADOPTION PRESERVICE TRAINING**

You might be a Healing Parent....

- + If you believe consequences are over-rated
- + If you think behavior charts are silly
- + If you avoid “time-outs”

**Behavior is
information**



**Managing
behavior**



**Building
relationships**

**Connection,
not control**



**Constant
adjustment**

You will be able to:

- ✓ Identify behavior as a child's primary communication tool
- ✓ Identify interventions that promote positive development (attachment, self-regulation, and initiative)
- ✓ Explain why physical punishment is not allowed to be used on foster children



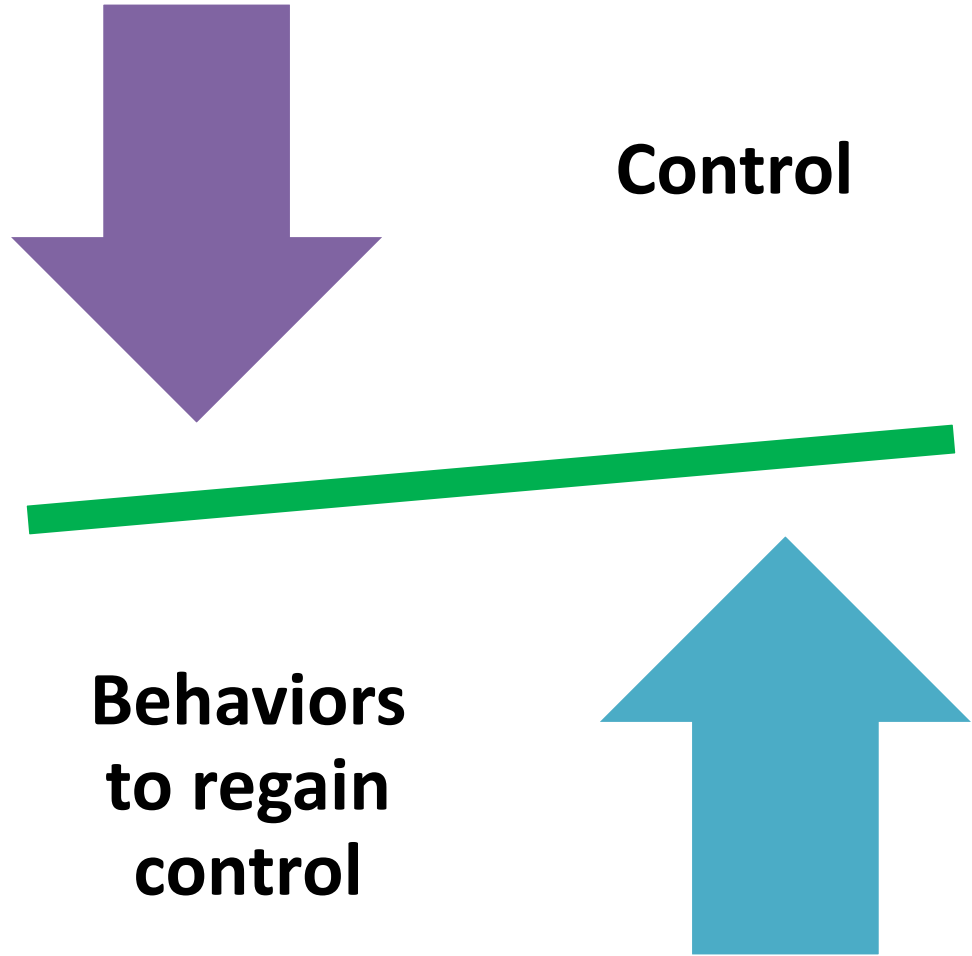
Help your child to understand and manage overwhelming emotions



*Help your child to understand and
manage difficult behavior*

A near-universal trauma response is fear of loss of control

- Almazar, 2014

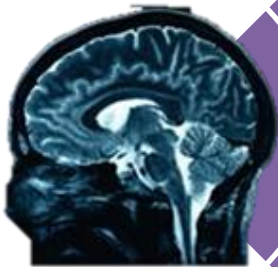




Be an emotional
container



Model self-
regulation



Use the logical
part of the brain

Tinker and Repair

- Admit it
- Reflect on it
- Fix it



The Cardinal Question

Given the totality of my relationship with the child, is it likely that she sees me as being on her side?

-Hodas, 2006

Attachment-Building Interactions

- Create a sense of safety
- Connect and correct
- Use win/win negotiation

1. Create a Sense of Safety

This is a **safe place** and I won't let anyone _____ you, so I can't let you _____ because this is a **safe place**.

-Vicario & Hudgins-Mitchell



Child shoves
another child



Child opens a
bedroom door
without knocking



Child reads
your mail

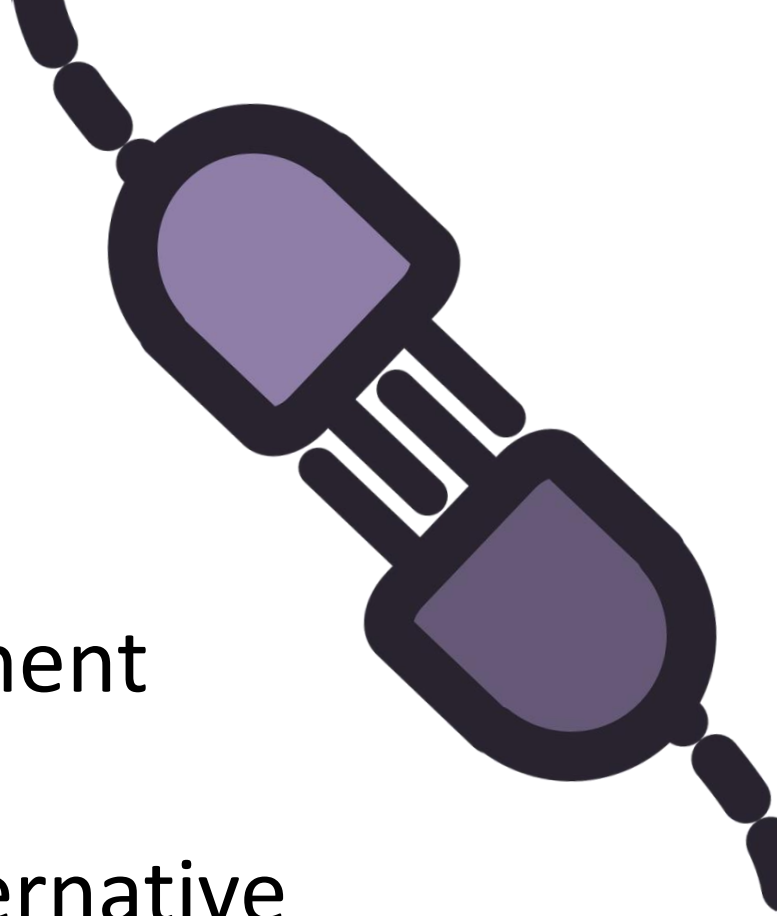
Child breaks
another
child's toy



Child calls
another child
a name

2. Connect and Correct

1. Connecting statement
2. The rule
3. Suggestion for alternative



Jason, I know you really want to watch TV. I like watching TV too, but you have to get your homework done before you can watch the show. Would you like to DVR it so you can watch it after your homework is finished?

Michelle, I see how much you really enjoy doing cartwheels and somersaults, but there is too much furniture and too many people in the room and it would be easy for you or somebody else to get hurt. Would you like to go outside and tumble?

Henry, I love chocolate just as much as you do and it's hard for me to just eat one piece, but it isn't a healthy choice to eat so much before dinner. Would you like to save that for your dessert?

3. Win/Win Negotiation



Situation
Child comes home angry weekend visits

Win/lose
Child is isolated following explosive outbursts

Win/win
A weekly movie night is scheduled

**Address the
underlying emotion**



A graphic of a spiral-bound notebook with a light blue cover and a white page. The spiral binding is on the left side. The page has rounded corners and a light blue border. There are three blue tabs on the right side. The text is centered on the page.

Self-Regulation and Initiative Building Interventions

- Specific, clear feedback
- Natural consequences
- Logical consequences

Teaching the Desired Behavior

**Assume they simply
don't know**



Who wants
chocolate?





**1. Clear,
specific
feedback**

1. You high five your child after the baseball game saying, "Great playing!"

2. You read your child's essay and then tell her, "I love what you wrote!"

3. After dinner out, you tell your child, "Great job at dinner!"

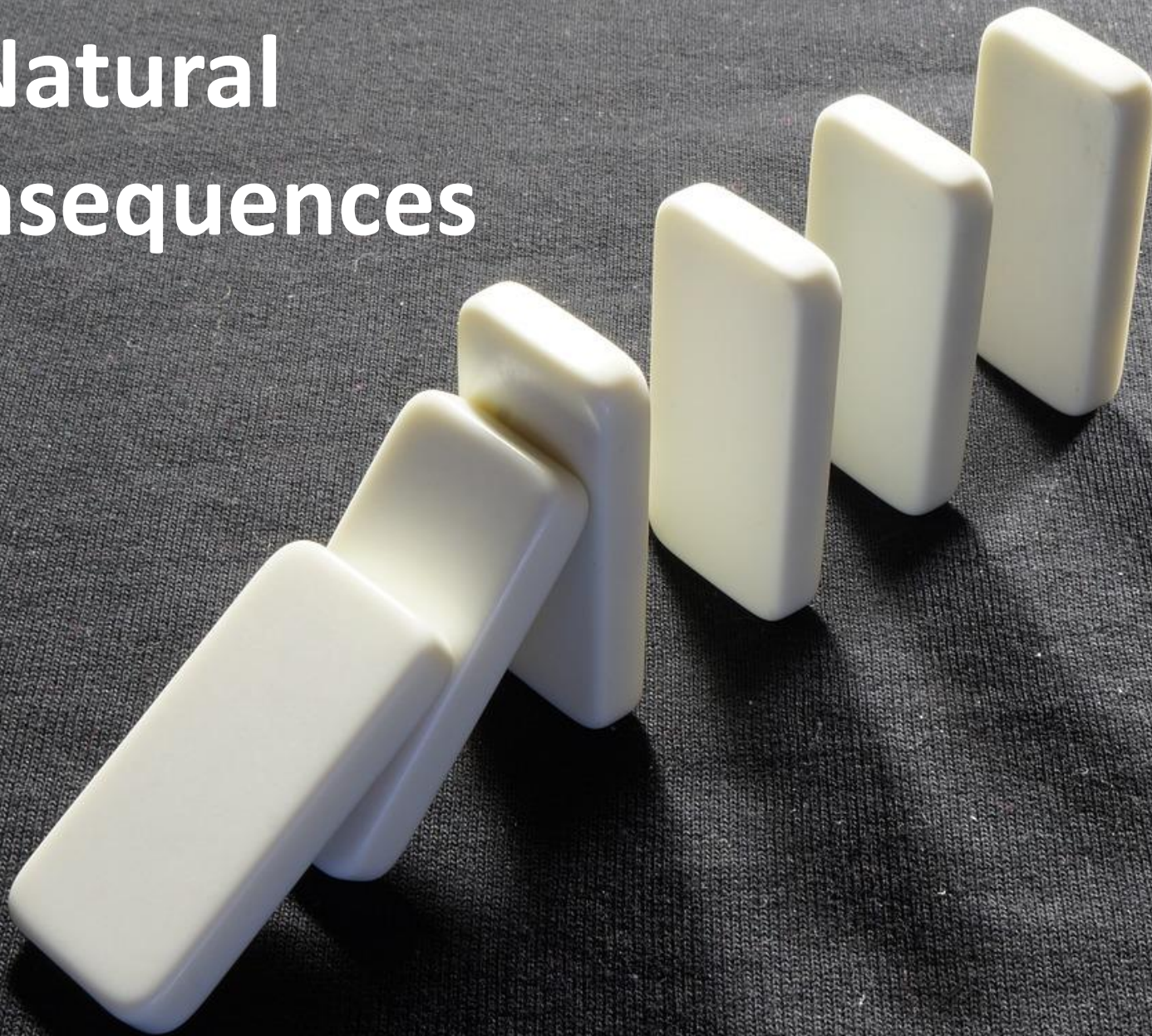
4. As you tuck your child in at night you say, "You had a great day today!"

5. You say to your child, "I'm proud of the way you handled yourself at the neighbor's house!"

- What behavior is being reinforced?
- What could be done to reinforce the desired behavior?



2. Natural Consequences



$$\int \frac{x+5}{x^2-2x-3} dx$$

Logical Consequences

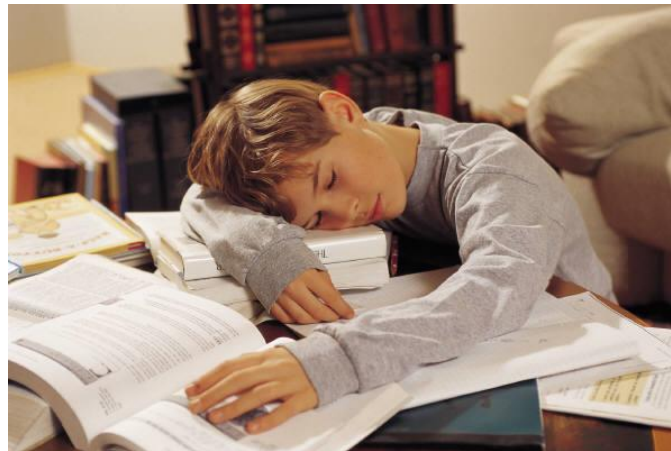
$$\begin{aligned} &= 2 \ln (x-3) - \ln (x+1) \\ &= \ln \frac{(x-3)^2}{x+1} + C \end{aligned}$$



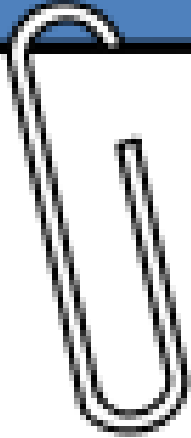
Tantrums in
grocery store



Goes outside
without permission



Refuses to finish his homework



PHYSICAL PUNISHMENT

Noun

1. Punishment of a physical nature, such as spanking, inflicted on a child by an adult in authority.

- Fear of re-traumatizing
- Hurts the relationship
- Protection for caregivers





- Does not teach self-regulate
- Does not build initiative
- May reinforce undesired behaviors



Restraint:
Physical
restriction of
movement

Transfer of

LEARNING

LEARNING





Thank you!

**OCWTP
FOSTER CARE, KINSHIP CARE, AND
ADOPTION PRESERVICE TRAINING**



Fundamentals of Fostering

Discipline: Managing Our
Behaviors to Manage Theirs