All children have good days and not-so-good days.

When the not-so-good days become every day, we're here to help.

**Behavior Help Wisconsin assists early childhood care and education providers feeling challenged by the behavior of a child.**

We deliver one-on-one coaching so you can have the tools, knowledge, and skills to reduce challenging behaviors and promote positive ones in your program.

## Learn More or Request Services

Your Behavior Help Wisconsin services will be provided through your regional Child Care Resource & Referral Agency (CCR&R):

4C Helping Communities Help Children

5 Odana Court, Madison, WI 53719

www.4-C.org | 608-271-9181

### Who We Are

4-C is a local child care resource and referral agency that provides a range of early childhood services to families, early childhood professionals, and communities in Columbia, Dane, Dodge, Grant, Green, Iowa, Jefferson, Lafayette, Rock, Sauk, and Walworth Counties, and the Ho-Chunk Nation. 4-C is driven by its mission to ensure that every child has access to high quality early care and education through integrated support and expertise.

### Our Goal

4-C has been serving the local community for 50 years and is committed to advancing community investment in children to create a foundation for their success.

**Please note:** Behavior Help Wisconsin is NOT a referral to diagnose or otherwise assess or label a child's developmental progress. Behavior Help Wisconsin is a program designed to help children thrive in their current child care setting by expanding the skill sets of the adults who care for them.

Behavior Help Wisconsin

# Helping Early Care and Education Providers Reduce Challenging Behaviors and Promote Positive Ones

Is there a child in your care who you feel…

- Exhibits frequent and/or extreme challenging behaviors?
- Takes too much of your attention away from the other children in your care because of challenging behaviors?
- Is becoming a concern to you and/or the other families you serve?
- You have tried to help with every trick up your sleeve, but nothing seems to work?
- You are considering asking the family to leave your program?

If you answered "Yes" to two or more questions, Behavior Help Wisconsin is ready to support you.

## The Behavior Help Team

Your Behavior Help team will have expertise in early childhood care environments, practices, and curricula; infant and child mental health; child development; and relationship-based strategies for promoting positive behaviors, emotional regulation, and social skills.

You will work directly with a Behavior Help Coach, who may choose to include a Social-Emotional Development Consultant with additional expertise in the field of infant mental health.

4C Helping Communities Help Children

# 4 Steps to Behavior Help

## 1 Gathering Information

First, the Behavior Help Coach meets with the child care provider and the child's parents/guardians to understand the behaviors taking place. The Coach assesses relationships and interactions in the care setting using a formal observation tool called the Climate of Healthy Interactions for Learning & Development.

## 2 Creating an Intervention Plan

The Coach works with the care provider and parents/guardians to design a plan of approaches and strategies that may help support the child. Every plan is unique. The goal is to enhance supportive environments and relationships that promote social-emotional development, which in turn will reduce challenging behaviors.

## 3 Coaching & Implementing Techniques

The important adults in the child's life collaborate to put the plan into action. During this time, the Coach is available to provide support to the care provider and parents/guardians as needed. This can include modeling strategies, providing tools, and facilitating communication. Services usually last 6-12 weeks.

## 4 Wrap-Up Services

After the coaching stage has concuded, the Coach will conduct a formal check-in to evaluate the ongoing effectiveness of the newly implemented strategies. The Coach will remain available to answer questions and provide support during this time.

## Our Approach

We believe all young children can develop healthy social and emotional skills with time, practice, and targeted support.

A child who struggles to communicate her/his emotions in an appropriate way can resort to expressing them through what adults see as challenging behaviors, such as hitting, biting, screaming, and refusing to listen. By teaching the adults in that child's life – their parents/guardians and child care provider – techniques and tools to support the child's social-emotional development, the child will learn new, healthier ways to express emotions, and the challenging behaviors will reduce and be replaced by positive ones.

Our approach is strengths-based, relational, and culturally attuned.