

Coaching Corner Webinar Series

July 2020: Coaching Supports to Address Behavior Management

Resource List

Slide	Resource
Slide 5	<ul style="list-style-type: none"> • Practice-Based Coaching Handout This document provides an overview of the Practice-Based Coaching model and the formats in which Practice-Based Coaching can be implemented, highlighting the components of Practice-Based Coaching. Link: https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/pbc-handout.pdf
Slide 9	<ul style="list-style-type: none"> • Hot Buttons Infographic from Barton Labs This activity can help you recognize the behaviors that push your hot buttons and learn how to reframe them to strengthen relationships with children. Link: https://cdn.vanderbilt.edu/vu-web/lab-wpcontent/sites/96/2020/02/07211731/Hot-Buttons.pdf
Slide 10	<ul style="list-style-type: none"> • Notice Five Things Video This resiliency and wellness video from the University of Washington is a mindfulness and self-care exercise that can help promote self-care. Link: Mindfulness Exercise Video
Slide 12	<ul style="list-style-type: none"> • Mindfulness Strategies/Resources The Early Childhood Mental Health (ECMHC) series of recorded relaxation exercises (available in English and Spanish) that can be used by Head Start and Early Head Start families and staff to help reduce stress. Link: https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/relaxation-exercises Link to recording in Spanish: https://www.ecmhc.org/relaxation_exercises.html • Taking Care of Ourselves: Stress and Relaxation The resources for stress reduction on the ECLKC include tips and resources for families and staff. There is also a series of 12 colorful posters that provides effective strategies to reduce stress in Head Start families and staff. Link: https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/taking-care-ourselves-stress-relaxation • Headspace Headspace is an app that teaches you how to meditate. Meditation has been shown to help people stress less, focus more and sleep better. Headspace is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day. Link: https://www.headspace.com/ • Calm App

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	<p>Calm is a free app that helps you to de-stress. The Calm free mobile app is perfect for quick stress reduction breaks anywhere, It's simple to use, doesn't require sign up, and offers a variety of relaxation programs. The app has soothing nature backgrounds and sounds. Link: https://www.calm.com/</p>
Slide 13	<ul style="list-style-type: none"> <p>Practice-Based Coaching: Collaborative Coaching Partnerships Video This video provides a brief overview and highlights the benefits of Collaborative Coaching Partnerships. Link: https://eclkc.ohs.acf.hhs.gov/professional-development/article/practice-based-coaching-pbc#</p> <p>Collaborative Coaching Partnerships Brief This document provides information about collaborative coaching partnerships, a key element of PBC. Link: https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/pbc-brief-ccp.pdf</p>
Slide 17	<ul style="list-style-type: none"> <p>Fostering Connections 15-minute In-service Suite This 15-minute in-service suite can be used with staff to learn about ways they can build meaningful, positive relationships with children and families. Link: https://eclkc.ohs.acf.hhs.gov/video/fostering-connections</p>
Slide 19	<ul style="list-style-type: none"> <p>Relationship-Based Competencies to Support Family Engagement The Relationship-based Competencies (RBCs) are based on research and recommended practice across many fields working with families from pregnancy through the early childhood years. This set of four role specific resources describes related competencies for supervisors and leaders provide an overview of the 10 RBCs to learn about ways to build on family engagement efforts and support positive outcomes for children and families. Link: https://eclkc.ohs.acf.hhs.gov/family-engagement/article/relationship-based-competencies-support-family-engagement</p>
Slide 21	<ul style="list-style-type: none"> <p>ECLKC: COVID-19 & the Head Start Community Coronavirus disease 2019 (COVID-19) has deeply impacted Head Start and Early Head Start programs, enrolled children and families, and their communities. This section of the ECLKC is regularly updated with guidance and resources from the Office of Head Start (OHS) to help all programs support staff, children, and families during this challenging time. Link: https://eclkc.ohs.acf.hhs.gov/about-us/coronavirus/responding-covid-19</p> <p>Centers for Disease Control and Prevention (CDC): Coronavirus (COVID-19) This CDC website to keep up-to-date on the latest COVID-19 happenings in your region. Link: https://www.cdc.gov/coronavirus/2019-nCoV/index.html</p>
Slide 22	<ul style="list-style-type: none"> <p>Effects of Trauma: Managing Challenging Behaviors page on the ECLKC This page offers resources on a variety of specific topics related to the effects of trauma and to support behavior management. Link: https://eclkc.ohs.acf.hhs.gov/mental-health/article/effects-trauma-managing-challenging-behaviors</p>
Slide 23	<ul style="list-style-type: none"> <p>Head Start Heals Campaign</p>

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	<p>The Head Start Heals page on the ECLKC also includes other useful resources. The goal of the Head Start Heals campaign is to increase awareness about how Head Start is uniquely qualified to address trauma and promote resilience for children and families. It includes information on the basics of trauma, what it means to have a trauma-informed care approach, and how trauma intersects with topics including mental health, substance use, domestic violence, and child welfare. Head Start Heals focuses on healing and addresses topics such as resilience, recovery, how to incorporate mental health consultation effectively, how to address challenging behaviors, and ways to have difficult conversations with families.</p> <p>https://eclkc.ohs.acf.hhs.gov/mental-health/article/head-start-heals-campaign</p>
Slide 24	<ul style="list-style-type: none"> <p>• 15-Minute In-service Suites</p> <p>The 15-minute in-service suites are a professional development resource for staff in busy, active early childhood centers and programs. They are organized around one topic or big idea and address effective teaching and assessment practices. The Behavior Has Meaning and Fostering Connections suites resources are located on this page.</p> <p>Link: https://eclkc.ohs.acf.hhs.gov/professional-development/article/15-minute-service-suites</p> <p>Behavior Has Meaning 15-minute In-service Suite</p> <p>Link: https://eclkc.ohs.acf.hhs.gov/video/behavior-has-meaning</p> <p>Fostering Connections</p> <p>Link: https://eclkc.ohs.acf.hhs.gov/video/fostering-connections</p> <p>• Crosswalk of the 15-Minute In-Service Suites with the CLASS</p> <p>The Crosswalk of In-service Suites with CLASS can be used as a quick reference to identify In-Service Suites that could support a coachee’s specific needs.</p> <p>Link: https://eclkc.ohs.acf.hhs.gov/professional-development/article/crosswalk-15-minute-service-suites-class</p>
Slide 25	<ul style="list-style-type: none"> <p>• Routine Based Support Guide</p> <p>This Routine Based Support Guide was developed to assist education staff in problem-solving a plan to support young children who are demonstrating challenging behavior. The Routine Based Guide is organized into the routines and activities that would typically occur in an early childhood program.</p> <p>Link: https://challengingbehavior.cbcs.usf.edu/docs/ttyc/TTYC_RoutineBasedSupportGuide.pdf</p>
Slide 26	<ul style="list-style-type: none"> <p>• Family Routine Guide</p> <p>This Family Routine Guide was developed to assist parents and caregivers in developing a plan to support young children who are demonstrating challenging behaviors. The Family Routine Guide includes strategies for the common routines and activities that occur during the family’s week.</p> <p>Link: http://csefel.vanderbilt.edu/parent/mod6/family_routine_guide.pdf</p>
Slide 27	<ul style="list-style-type: none"> <p>• Pyramid Model Innovations</p> <p>This website has resources that include several strategies for intentional promotion and prevention practices when dealing with challenging behavior.</p> <p>Link: https://challengingbehavior.cbcs.usf.eduwe/index.html</p>
Slide 28	<ul style="list-style-type: none"> <p>• Division for Early Childhood (DEC) of the Council for Exceptional Children</p>

Slide	Resource
	<p>The Division for Early Childhood (DEC) page includes blogs, handouts and webinars for supporting children of all abilities during the pandemic.</p> <p>Link: https://www.dec-sped.org/covid-19</p>
Slide 29	<ul style="list-style-type: none"><li data-bbox="326 380 1013 409">• National Association for the Educations of Young Children <p>This website offers a variety of resources to support social and emotional development.</p> <p>Link: https://www.naeyc.org/our-work/families/behavior-and-development</p>