

The Healthy Mentality

A mental health newsletter courtesy
of North Central West Virginia Community Action

March 2019

In this Newsletter:

- Redirecting Behavior: Use Positive Words
- Infant Mental Health Week Webinars
- Reading is Fundamental

Redirecting Behavior: Use Positive Words

Sometimes when we see a challenging behavior in the classroom or at home, the first thing that comes out of our mouth is, “No”, “Stop”, and/or “Don’t!”. In some ways, this may reinforce or encourage the negative behavior rather than stopping it. Children, especially at a young age, are more likely to respond to redirection rather than being commanded with “No”. Children need to be told of the behavior that is expected or desired, rather than just hearing, “Stop that”. For some helpful suggestions, please see the information below provided by *Teaching Tools for Young Children with Challenging Behavior*. University of South Florida.

Use Positive Words

Tell the child what to do instead of what not to do.

Clearly and simply state what you expect the child to do.

Have age appropriate expectations.

Use age appropriate language. Young children have difficulty with contractions (two words that are combined to form one such as don’t and can’t).



Examples:

Don't:	Do:
Don't run!	Walk Use walking feet Stay with me Hold my hand
Stop climbing!	Keep your feet on the floor
Don't touch!	Keep your hands down Look with your eyes
No yelling!	Use a calm voice Use an inside voice
Stop whining!	Use a calm voice
Don't stand on the couch!	Sit on the couch
Don't hit	Hands down Use your words (Give child appropriate words to use)
Stop pulling the dogs tail!	Pet gently Gentle hands
No coloring on the wall!	Color on the paper
Don't throw your truck!	Roll your truck on the floor
Stop playing with your food!	Food goes on the spoon and then in your mouth Say all done
Stop splashing the water!	Keep the water in the tub
Don't get out of bed!	Stay in bed
No biting!	We only bite food Use your words (Give child appropriate words to use)
Don't spit!	Spit goes in toilet/grass Use your words (Give child appropriate words to use)

Adapted from: Hornbeck, M. (2002). Early Intervention Positive Behavior Support Parent Training Series. USF.



Lentini, R., Vaughn, B.J., & Fox, L. (2005). Teaching Tools for Young Children with Challenging Behavior. University of South Florida.

<https://www.ecmhc.org/TTYC/documents/Folder9HomeKit/File%20UsePositiveWords/>



Infant Mental Health Week Webinars

Hosted by the West Virginia Infant/Toddler Mental Health Association

All webinars will be from 12 noon – 1 p.m

1 Contact Hour of WV STARS available

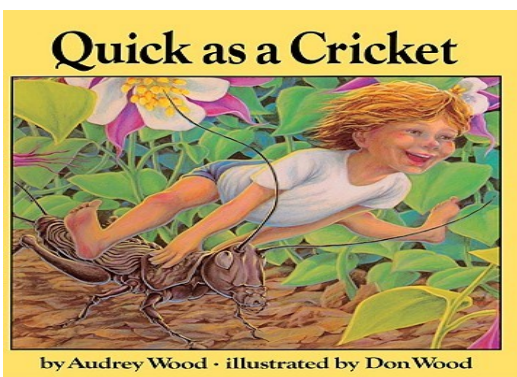
Monday, May 13, 2019	<p>What is Attachment? Why Does it Matter? This session will go over the origins of the theory of attachment as postulated by John Bowlby, the biological basis for attachment and its relevance to relationships even into adulthood.</p> <p>Presenter: Dr. Kalpana Miriyala, Marshall University School of Medicine</p> <p>https://attendee.gototraining.com/r/3809729021962372865</p>
Tuesday, May 14, 2019	<p>Trauma, Toxic Stress, and Resiliency An overview of how toxic stress and trauma can impact neurological development in children. In addition, an overview will be provided on the ways we can teach and build resiliency in children who come from toxic stress and trauma backgrounds.</p> <p>Presenter: Amy Carlson, West Virginia Autism Training Center</p> <p>https://attendee.gototraining.com/r/7775256246001621505</p>
Wednesday, May 15, 2019	<p>Supporting Families Through Miscarriage and Infant Loss What happens when we find out a family has experienced a miscarriage? How do we best support parents through this and other types of perinatal loss? In this session, participants will learn about the response from one home visitation program in West Virginia, as well as supports that have been developed in other parts of the country.</p> <p>Presenter: Michelle Comer, IMH-E®, Healthy Families America State Leader, TEAM for WV Children</p> <p>https://attendee.gototraining.com/r/4671814307859688449</p>
Thursday, May 16, 2019	<p>Ambiguous Loss This session will discuss the definition of ambiguous loss, the implication and relationship to trauma, and brief ways to discover and begin to heal. Ambiguous loss is a form of unresolved grief that can be driving a child's behavioral issues. Recognizing this grief and beginning to help the child cope with it is a part of the process of healing from trauma. This session will examine the work of Pauline Boss who coined the term ambiguous loss.</p> <p>Presenter: Tina Faber, FamilyCare Health Center</p> <p>https://attendee.gototraining.com/r/7183547466444208641</p>
Friday, May 17, 2019	<p>ACEs and Resiliency in Early Childhood During this webinar, participants will learn about resiliency techniques and understand the effects of both ACEs and resilience on the brain and body. Information will also be shared on the interconnected policies and programs for addressing systems of care for children in West Virginia.</p> <p>Presenter: Dr. Michael Brumage, West Virginia University School of Public Health</p> <p>https://attendee.gototraining.com/r/4622446235772553985</p>

For WV STARS participants please visit <https://wvregistry.org> and search the training calendar for the title of the session. Other participants copy and paste the link at each description above.

Reading is FundaMENTAL:

Books can be a great way to connect with your child while learning valuable life skills. This month's suggested book is:

Quick as a Cricket by Audrey Wood.



"I'm as quick as a cricket, I'm as slow as a snail..." is the start to this beautifully written and illustrated book that encourages self-awareness. As the child in the book identifies different traits about themselves, this child also explores the world. Use this book to encourage your child to identify their own personality and the different feelings they may have. Like the child in the book, have your child characterize their mannerisms to the things/people/items around them. In doing this, the child may not feel alone in their behaviors and feelings. You can do this along with your child, role modeling positive expression of feelings and awareness.



The information provided in this newsletter is for educational purposes and is not intended to replace discussions with your healthcare provider.

"This institution is an equal opportunity provider."

