



A Guide to

Small
Steps
Big
Brighter
Futures! ♥



Children's Behaviors

Help children behave in positive ways by setting clear limits, modeling cooperative behavior, and dealing respectfully with challenging behaviors.

Think About It...

Think of a time when you weren't sure how you were expected to behave. Perhaps you felt this way when you:

- ★ Started a new job or program.
- ★ Went back to school after being away for a while.
- ★ Joined friends from a different culture at a special event.
- ★ Visited a new country or community and experienced a different way of life.

Was there someone who guided you so you could feel more comfortable, confident, and successful? What did that person do or say? Afterward, how did you feel about the person who helped you?



By Ronnette Curls ♥



Better
Behaviors
Brighter
Tomorrows

Positive
Children
Bright
Futures! ♥

Connect with Children by Guiding Behavior in Positive Ways

You
Make a
Difference! ♥

Calm Adults
Help Children
Feel Safe. ♥

Guiding children's behavior happens all day, every day — not just when a child is having a difficult moment. When children feel noticed, supported, and cared for, they are more likely to make good choices and get along with others.

You Can Help by:



Build Positive Relationships

Show children you care. Listen, spend time with them, and speak in a kind and respectful way.



Establish Routines

Predictable routines help children feel secure and know what to expect.



Set Clear and Realistic Limits

Let children know what is expected. Be consistent and follow through.



Model Kindness and Respect

Children learn by watching you. Treat others the way you want them to treat you and their peers.



Teach and Reinforce Positive Behaviors

Notice and praise children when they make good choices.



Manage Your Emotions

Take a deep breath. Stay calm. Your calm helps children stay calm, too.

Remember... ♥

- K** Keep children safe.
- I** Involve children in solving problems.
- N** Notice and acknowledge good behavior.
- D** Do your best, and be consistent. ♥



We Learn
We Grow
We Belong! ♥



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Every Behavior Is a Message!

Support Children Through Challenging Behaviors

Be Calm
Be Kind
Be Consistent
It Works!

Challenging behavior is a way for children to tell us something. Let's stay calm, be supportive, and help them find better ways to respond!

1 Stay Calm

- ★ Take a deep breath.
- ★ Use a calm voice.
- ★ Pause before you respond.



2 Look for the Reason

- ★ Children may act out because they are:

- Tired
- Hungry
- Frustrated
- Overwhelmed
- Seeking attention
- Having trouble expressing feelings

Hmm...
What might be causing this?



3 Acknowledge Feelings

- ★ Let children know it's okay to feel their feelings.
- ★ Use simple words like: "I see you are upset."
- ★ Be empathetic and respectful.

It's okay to feel upset. I'm here for you.



4 Set Limits and Redirect

- ★ Be clear and consistent.
- ★ Use simple, positive words.
- ★ Redirect to a better choice or activity.



5 Teach Better Choices

- ★ Show and practice positive behavior.
- ★ Use social stories, role play, and visuals.
- ★ Praise effort, even small steps.

You can do it!



6 Reflect and Keep Going

- ★ Think about what worked.
- ★ Try a new strategy if needed.
- ★ Remember, progress takes time.
- ★ Celebrate improvements!



Progress Not Perfection!



Challenging Moments Are Learning Moments! ♥

Respond to Challenging Behaviors



Children Do Better When They Feel Better! ♥

Stay Calm ♥ Be Supportive ♥ Teach Better Choices

1 Stay Calm and Breathe

- ♥ Take a deep breath.
- ♥ Keep your voice calm.
- ♥ Give yourself a few seconds to think.

A calm adult helps children feel safe. ♥



2 Understand What's Happening

- ♥ Every behavior has a reason.
- ♥ Look for possible triggers (tired, hungry, frustrated, seeking attention).
- ♥ Think: What does this child need right now?

What might be causing this behavior?



3 Use Positive Guidance

- ♥ Get down to the child's level.
- ♥ Use kind, clear, and simple words.
- ♥ Offer two positive choices.
- ♥ Be consistent with rules and limits.

You can use a gentle touch or take a break. What would you like to do?



4 Teach and Practice New Skills

- ♥ Show children what to do instead of what not to do.
- ♥ Use role play, visuals, and practice.
- ♥ Give lots of praise when they try.

Practice helps me grow!



5 Stay Connected

- ♥ Even after a challenging moment, show the child you still care.
- ♥ Use a kind word, a smile, or a gentle touch (when appropriate).
- ♥ Everyone makes mistakes. It's a chance to learn! ♥

You Are Still a Part of Our Team! ♥



6 Reflect and Move Forward

- ♥ Think about what worked and what you can try next.
- ♥ Keep a positive attitude.
- ♥ Celebrate progress, no matter how small.

Progress Looks Like:

- ✓ Trying again
- ✓ Making better choices
- ✓ Learning and growing
- ✓ Feeling proud! ♥

Small Steps Make a Big Difference! ♥



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Kind
People
Change
the World!

Keep Going!

Small Steps Make a Big Difference!

Brighter
Behaviors
Brighter
Futures!

Guiding children's behavior is a journey.
You are making a difference every day!

1 Be Patient

- Change takes time.
- Children are still learning and growing.
- Stay calm and keep supporting them.
- Celebrate small improvements.

I can do
hard things!



2 Stay Positive

- Focus on what is working.
- Use encouraging words.
- Look for effort, not just perfect results.
- Help children see their own progress.

Progress
Not
Perfection!



3 Be Flexible

- Every child is different.
- Adjust strategies as needed.
- Try new ideas.
- Keep an open mind and a caring heart.

Different
Strategies
Work!



4 Keep Building Relationships

- Listen and show you care.
- Spend special time together.
- Be consistent and reliable.
- Strong relationships help children feel safe and make better choices.



Connection
Builds
Trust!

5 Believe in Children

- Every child has strengths.
- They can learn, grow, and make better choices.
- Your encouragement helps them build confidence.
- You make a difference!

I
Can Do
It!



Remember...

- ☒ Be Calm
- ☒ Be Kind
- ☒ Be Consistent
- ☒ Be Supportive
- ☒ Be the Positive Difference!



You Got This!

Better Children. Brighter Tomorrows!



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