



**Training Package for Parent Webinar**  
**“Supporting the Development of Your Child’s Brain Architecture –**  
**Part 3—Oh, Behave! Helping Families Create a Behavior Support**  
**Toolbox”**

**Outline and Objectives:**

*In Part 1 of this Mississippi Thrive webinar series we learned about the science of early brain development and the impact of early childhood experiences on lifelong outcomes, and in Part 2 we learned about how to mark our little one’s developmental milestones.*

*In this Part 3 section of the webinar series (comprised of 7 videos), we are going to use what we know about children’s early development to discuss some tools and strategies we can use to support those positive behaviors we want to see from our children. After the presentation, please take a look at the handouts. These will be important pieces of your toolboxes!*

*If you haven’t seen the other parts of this webinar, don’t worry! While they all have great information, we hope you’ll check out, you can watch each part individually as well.*

At the end of the “Oh Behave! Helping Families Create a Behavior Support Toolbox” module, families will be able to:

1. Understand how different factors affect children’s behaviors.
2. Identify specific techniques to address unwanted behaviors.
3. Identify specific techniques to increase the frequency of positive behaviors in young children.

**Session Handouts:**

- [Co-Regulation Techniques](#)
- [Coping & Relaxation Skills](#)
- [Relationship Enhancement PRIDE](#)
- [BE DIRECT](#)

**Facilitator Steps for Family Activity Session Facilitated by Providers:**

1. Play webinar video.
2. Facilitate optional discussion opportunities:

Slide 5 (“Behaviors are influenced by several factors.”): Pause the video to facilitate a group discussion. You can give personal examples too.

- What are some recent stressors that you have experienced?
- What are some collective stressors that we have recently gone through or are even in the midst of right now!? Examples: Maybe a divorce. A family illness. A move. Starting a new school or a new job. Sheltering in place with your entire family for two months! Right, any of these things might be stressful.

Slide 17 (“How do I respond to unwanted behaviors?”): Pause the video to facilitate a group discussion.

- What do you think would be some attention-seeking behaviors that you can ignore? Remember, non-aggressive, non-destructive behaviors.

Slide 18 (“When can I ignore unwanted behaviors?”): Pause the video to facilitate a group discussion.

- How could you praise the opposite of these behaviors? For example, what is the opposite of whining? (Wait for responses.) Right, talking in big boy/girl voice.
- What about the opposite of complaining? Maybe being flexible. So if your child is NOT complaining, be intentional with your praise! Say something like, “You are being so flexible and patient right now,” and describe specifically what they are doing instead of complaining. Give lots of attention to those behaviors you want see more of!

3. Answer questions families may have.
4. Pass out session handouts and encourage families to refer to these handouts as tools to remind them what you talked about.
5. Ask families how they might use one of the tools they learned about in this webinar to interact differently with a young child tonight, this week, etc.
6. Close session and inform families of the topic and date for the next Family Activity Session.
7. After the session think about how you and your team of providers can follow-up with families about this. Have a discussion with the other providers you work with. Could you ....
  - laminate & post the Coping & Relaxation Skills 1 handout in early childhood classrooms at a level where the little ones can see them?
  - debrief with staff each day or week about how you used PRIDE & BE DIRECT?
  - ask families at parent-teacher conferences about their experiences using PRIDE & BE DIRECT?
  - What else can you think of?

### **Training Tips and Lessons Learned:**

- During group activities, walk around the room to help facilitate discussions.
- If you have time for group activities, encourage small group discussions and then ask for someone to share highlights from the discussion with the larger group.
- Feel free to share your own personal stories that relate/reinforce the content.
- Consider showing some of our other webinars as other family activity sessions—and reinforce the content about adults' roles in supporting early childhood developing and building young brains.