

# Early Years COMMUNITY OF PRACTICE

## Understanding a Child's Behavioural Responses: Supporting Children's Participation in Early Childhood and Community Settings

### Objectives:

The objective of Workshop 2 is threefold. Firstly, it aims to integrate the principles learned in Workshop One into the daily practices of early childhood professionals/Educators. Secondly, it seeks to connect educators and others with additional resources and support systems to enhance their ability to support children effectively. Lastly, it will unpack the complexities of behaviour and equip educators with the knowledge of when and how to assemble supportive teams to address challenging behaviours.

### Self-Care:

Those attending are encouraged to prioritise self-care through various practices. This includes exploring deep breathing exercises, promoting relaxation and mental clarity. Recognising the transient nature of challenging behaviours helps maintain perspective and avoid undue stress. Additionally, challenging absolute statements and embracing impermanence aid in coping with difficult moments and fostering resilience.

### Self-Care Mindset:

Developing a self-care mindset involves visualising experiences with timelines to reflect on personal growth and identify patterns. Accepting life's unpredictability enables educators to adapt to dynamic environments, valuing all experiences as learning opportunities. Recognising the potential for breakthroughs reframes challenges as opportunities for growth and continuous improvement.

### Support Systems Available:

Various support systems are available to educators, such as Employee Assistance Programs (EAP) and colleague support networks. These networks provide avenues for sharing experiences and strategies for addressing challenging behaviours.

### Training Support:

Several training opportunities are available to educators through platforms such as the Australian Childhood Foundation, Emerging Minds, and Early Childhood Australia. These resources offer both free and paid courses covering topics such as behaviour support tailored to different age groups.

### Strategies for Engaging Families:

Building trust, providing resources, fostering open communication, offering a supportive environment, respecting cultural differences, and acknowledging readiness are essential strategies for engaging families. Collaboration with families is crucial for creating consistency in behaviour management strategies and supporting children's holistic development.

### Understanding Individual Children:

Educators are encouraged to assess environmental factors, explore motivations, recognise trauma responses, and investigate underlying causes of tantrums in individual children. Understanding each child's unique needs is fundamental to effectively support a child's behaviour and their learning and development.

### Key Message:

Addressing challenging behaviours promptly, engaging in personal reflection and peer debriefing, and embracing imperfection are key takeaways to this workshop. Dealing with challenges requires a multifaceted approach, emphasising continuous learning and growth in the journey of supporting children effectively.

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