



... "bite size" news from your HSB Regional Healthy Social Behaviors Coaches

Oh, Behave!

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Let's Take This Outside!

Tip of the Month
Biting happening in your classroom?
Check "Reality Bites" on page 2 for helpful tips!

challenging behaviors helpline

Do you have children who bite? Do children struggle to focus during circle time? Do challenging behaviors cause difficult transitions? Do you spend all day managing behavior? Are you at your wits' end?

Help is available for these and other behavior challenges!

- Speak to a Behavior Support Advisor for advice and resources specific to the challenging behaviors in your classroom. 1-888-600-1685 Option 1
- Submit your questions to a Behavior Support Advisor online and receive a call or email in response.
- Post your questions in the "Talk to the Expert" Group on our online network, Social Emotional Connections, for early childhood educators. There will also be opportunities to join free webinars on challenging topics or classroom activities.

For more information, scan the QR code or go to childcareresourceinc.org/challenging-behaviors-helpline

Do you know how amazing it is to take toddlers outside to play? While taking toddlers to the playground can present some worrisome issues such as safety concerns and the need for extra crucial supervision, the benefits of playing outside definitely outweigh the challenges. In this article, we will look specifically at the social and emotional benefits of outdoor play for toddlers and how it can promote more positive behavior overall.

Anything children can do inside the classroom can be done outside as well. Think of the outside as an extension of the indoors. Books, blocks, puzzles, and paint are all items that can be used indoors or outdoors. Consider enhancing outdoor play and learning by adding scoops and balls to the sandbox or creating sensory bins out of plastic containers. Toddlers can happily spend time pouring and transferring sand from one container to the next. Dress-up clothes can be taken outside, for dolls and children to use. For added enjoyment for everyone, add music to the playground atmosphere via musical instruments or a portable CD player. Playing with these materials outdoors gives imagination play a different feel. Don't forget the mirrors so children can see what they look like as they

dress-up and dance around on the playground!

Socially, toddlers can practice learning skills such as sharing, turn taking, and cooperation equally in either environment. The outdoors provides a more flexible atmosphere which can encourage children to engage more easily with their peers; which in turn, fosters friendship skill building.

Emotionally, young children can increase their self-confidence. As they learn how to move their bodies with better accuracy and agility, their coordination improves. Toddlers feel accomplished and are eager to explore more!

Another benefit of extending the classroom to the outdoors is the reduction of stress and anxiety. Adults and children can benefit from the calming effect of being in nature. Outdoor settings boost one's mood and well-being. Exposure to natural sunlight can add to feelings of happiness.

Children who are more relaxed and calm are less likely to bite, hit, push, and engage in other inappropriate behaviors. Frustration and anger can also be lessened through an adequate amount of outdoor playtime. Children may feel cramped inside, but can enjoy having more space outside. The

exposure to sensory exploration outdoors is a great way to reduce tension in the body of a young toddler who is frustrated due to his lack of vocabulary to express his needs and wants.

When children relax around nurturing, caring adults, they feel loved and valued. As you experience the outdoor classroom with toddlers, your interactions convey safety, adoration, and a love for life's wonderful moments. Although Dr. Becky Bailey's "I Love You Rituals" are great for infants through age eight, we love integrating them with toddlers and outside play! Since these activities involve eye contact, touch, presence, and playfulness, often incorporating songs, rhymes, or simple games, these rituals can easily be done outside. Examples include "Round and Round the Garden," "Twinkle, Twinkle, Little Star," and "Here's The Bunny". "I Love You Rituals" are all about being present in the moment and being connected and available. Reap the rewards from being engaged with children outdoors while also practicing "I Love You Rituals". Enjoy the bonds you strengthen while promoting the well-being of each child!

Check out **Tucker's NC Nest** on Pinterest!

Follow OhBehaveTips on **X (formerly, Twitter)!**

Join our online Social-Emotional Connections community by clicking [here!](#)

Check out our shelf of virtual binders with wonderful resources for practically every need by clicking [here.](#)

Check out more about Conscious Discipline and "I Love You Rituals" [here!](#)



Ask The Healthy Social Behaviors Coaches!



Question: I recently attended a training where I learned that giving children more choices throughout the day could help with power struggles, but the training was geared toward preschool-aged kids. Could this also help with tantrums and power struggles in my 2-year old classroom as well?

Answer: Absolutely! As you probably recall from the training, when you give children choices, it encourages more cooperation, increased engagement and promotes positive behavior overall. Two-year olds are becoming increasingly independent, testing boundaries and are learning to assert themselves. Providing them with the opportunity to choose helps them to feel a level of control in their environment, reduces frustration and reduces their need to assert themselves in more problematic ways.

When incorporating the choice making strategy, remember:

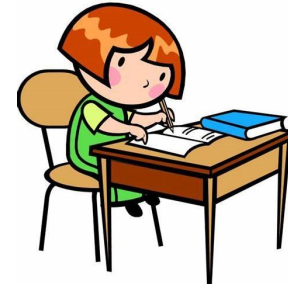
- Allow children to make choices all throughout the day, both within activities and between activities.
- Don't overwhelm children; stick to 2 or 3 clearly defined choices and make sure that you are okay with whatever selection they make. Choices should be offered in an explicit manner and not simply be an array of options that are available to children.
- State when there is *no* choice available. Be direct and don't insinuate a choice when there isn't one. Saying "do you want to clean up or do you want to stay inside" is confusing to children and ineffective if remaining inside is not truly an option. A better statement might be "which do you want to clean up first, the blocks or the trucks?"
- Younger children may need to visually see the options available to them. You might hold one option in each hand, point to available options or use a choice board or cards and allow children to identify their selection.

Incorporating choice supports young children's natural drive for independence and helps them to feel a sense of control over some aspects of their day. This control motivates children to participate and remain engaged longer in classroom activities, ultimately reducing the use of challenging behavior.

In each issue you will find a new card to help you build your very own "Calming Choices" Card Set for your classroom.



WRITE A STORY



For durability and repetitive use, print on cardstock paper and laminate.

A free, talk-to-the-experts webinar, presented by the Healthy Social Behaviors Helpline advisors!

Resources for ECE Teachers

Tuesday, July 15 | 7-8 pm



Join us to learn how our statewide team of Healthy Social Behavior (HSB) Coaches help ECE teachers in NC prevent and address challenging behaviors in the classroom. You'll learn some of our favorite resources and how you can work with an HSB coach in your classroom!

[Click to join the webinar!](#)

Meeting ID: 367 799 7738



"Reality Bites", when it comes to children biting in the classroom. However, before we can prevent biting we must first acknowledge and accept that biting is an appropriate developmental stage, in children age 0-3. Here are some helpful steps to take, if biting occurs in your classroom:

- Remain calm.
- Give immediate attention and comfort to the victim first.
- Create distance between the child who bit and the victim of the bite.
- Talk to the biting child. Point out the effect of biting.

To take a deeper dive into the reasons children bite, and how to prevent biting in your classroom, click on this link <https://www.cela.org.au/publications/amplify!-blog/aug-2023/strategies-for-addressing-biting-early-education>

TEACHER SELF-CARE CORNER

Teachers are so busy this time of year: for example; planning end-of-year celebrations, gearing up to welcome new students to your room, or trying to plan your family's vacation. You might feel overwhelmed or stretched thin. This month's tip for self-care is: **Be Kind to Yourself!** Recognize that you won't always be perfect, or get it right the first time. You might not even get it all done; and that is perfectly ok. Give yourself a break and remember that your well-being allows you the ability to nurture and educate. By investing in yourself, you create a ripple effect that touches every child you care for.

Be Kind and Give Yourself Some Grace.

The "Social/Emotional Book Nook" will return next month!

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