

# Helping the Child Manage Emotions and Behavior

**OCWTP  
FOSTER CARE, KINSHIP CARE, AND  
ADOPTION PRESERVICE TRAINING**

# You might be a Healing Parent....

- + If you believe consequences are over-rated
- + If you think behavior charts are silly
- + If you avoid “time-outs”

**Behavior is  
information**



**Managing  
behavior**



**Building  
relationships**

**Connection,  
not control**



**Constant  
adjustment**

# You will be able to:

- ✓ Identify behavior as a child's primary communication tool
- ✓ Identify interventions that promote positive development (attachment, self-regulation, and initiative)
- ✓ Explain why physical punishment is not allowed to be used on foster children



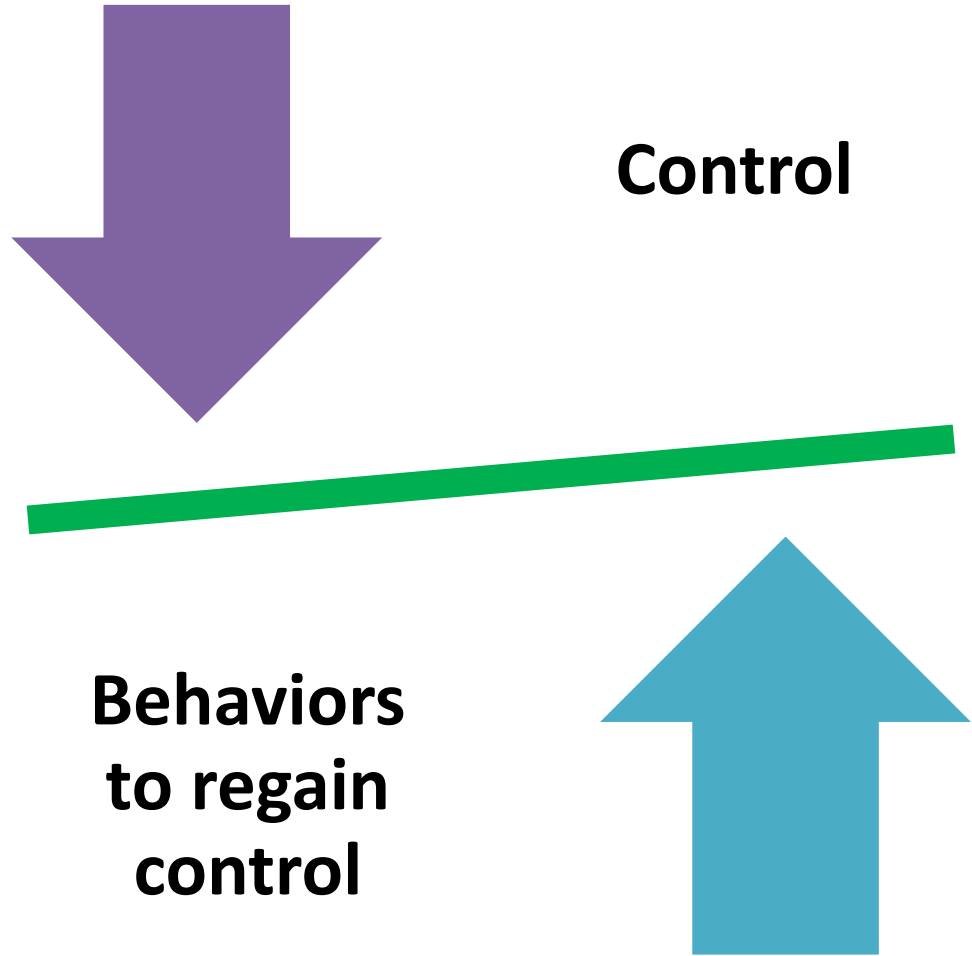
*Help your child to understand and manage overwhelming emotions*



*Help your child to understand and  
manage difficult behavior*

A near-universal trauma response is fear of loss of control

- Almazar, 2014

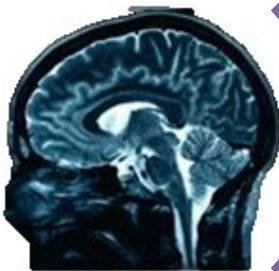




Be an emotional  
container



Model self-  
regulation



Use the logical  
part of the brain



# Tinker and Repair

- Admit it
- Reflect on it
- Fix it



## **The Cardinal Question**

**Given the totality of  
my relationship with  
the child, is it likely  
that she sees me as  
being on her side?**

**-Hodas, 2006**

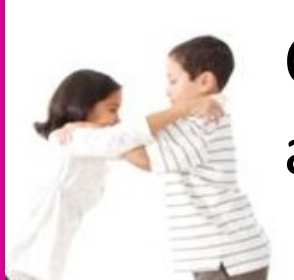
# Attachment-Building Interactions

- Create a sense of safety
- Connect and correct
- Use win/win negotiation

# 1. Create a Sense of Safety

This is a **safe place** and I won't let anyone \_\_\_\_\_ you, so I can't let you \_\_\_\_\_ because this is a **safe place**.

-Vicario & Hudgins-Mitchell



Child shoves  
another child



Child opens a  
bedroom door  
without knocking



Child reads  
your mail

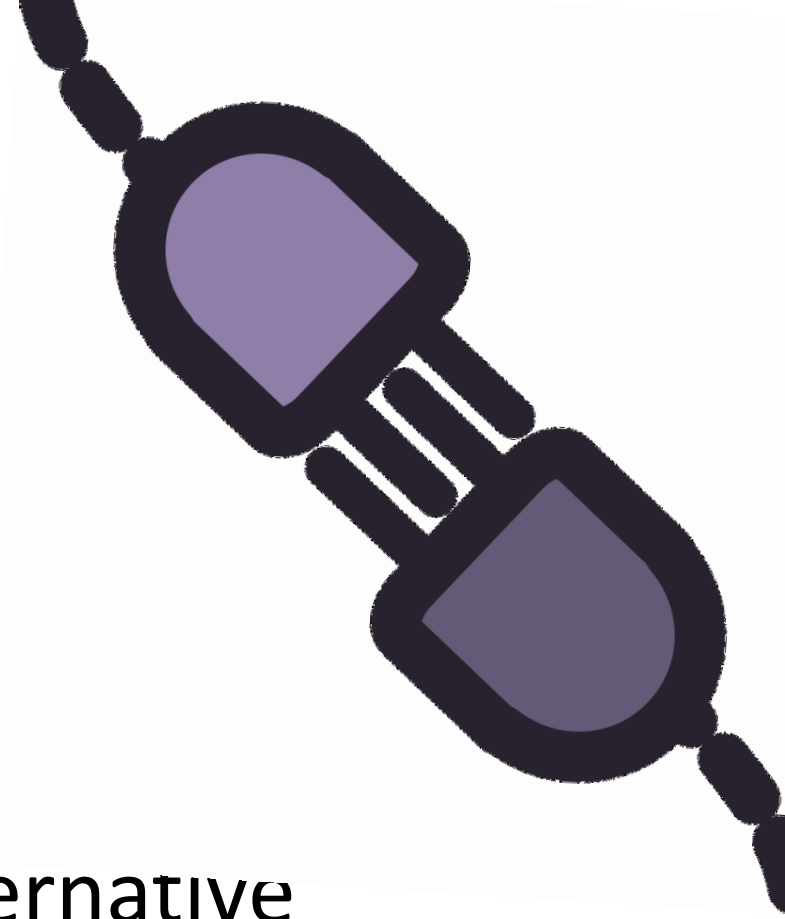
Child breaks  
another  
child's toy



Child calls  
another child  
a name

## 2. Connect and Correct

1. Connecting stater
2. The rule
3. Suggestion for alternative



Jason, I know you really want to watch TV. I like watching TV too, but you have to get your homework done before you can watch the show. Would you like to DVR it so you can watch it after your homework is finished?

Michelle, I see how much you really enjoy doing cartwheels and somersaults, but there is too much furniture and too many people in the room and it would be easy for you or somebody else to get hurt. Would you like to go outside and tumble?



Henry, I love chocolate just as much as you do and it's hard for me to just eat one piece, but it isn't a healthy choice to eat so much before dinner. Would you like to save that for your dessert?

### 3. Win/Win Negotiation

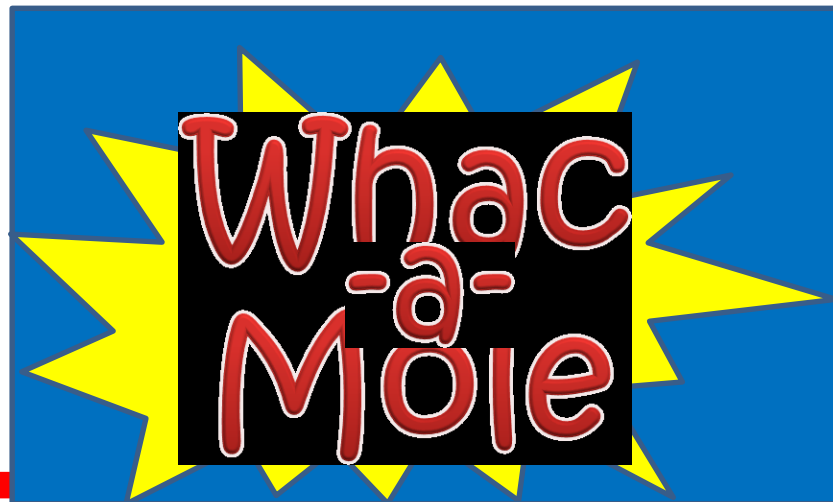


Situation  
Child comes home angry weekend visits

Win/lose  
Child is isolated following explosive outbursts

Win/win  
A weekly movie night is scheduled

**Address the  
underlying emotion**





## **Self-Regulation and Initiative Building Interventions**

- Specific, clear feedback
- Natural consequences
- Logical consequences

Teaching the Desired Behavior

**Assume they simply  
don't know**



Who wants  
chocolate?







**1. Clear,  
specific  
feedback**

1. You high five your child after the baseball game saying, "Great playing!"

2. You read your child's essay and then tell her, "I love what your wrote!"

3. After dinner out, you tell your child, "Great job at dinner!"

4. As you tuck your child in at night you say, "You had a great day today!"

5. You say to your child, "I'm proud of the way you handled yourself at the neighbor's house!"

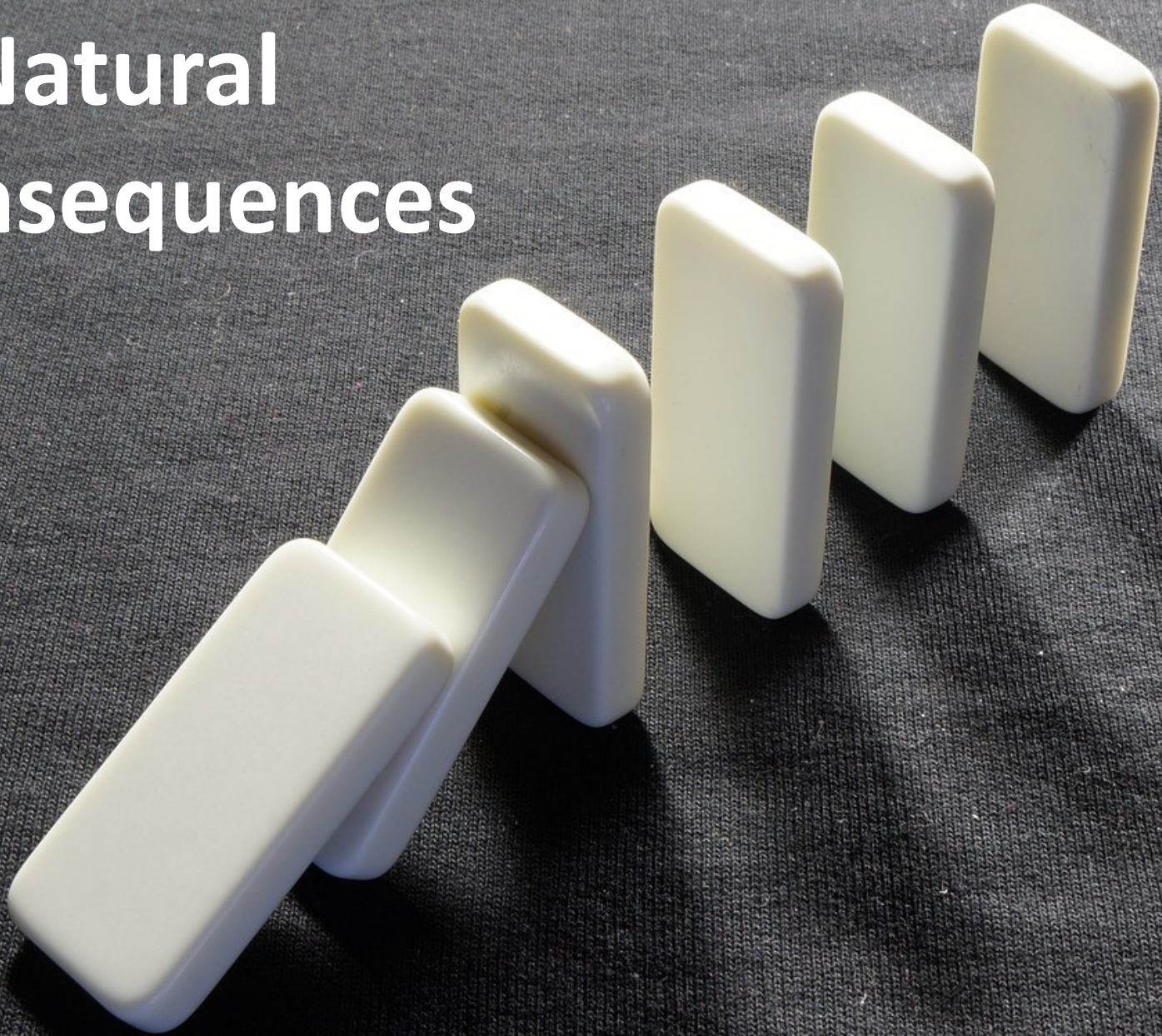


- What behavior is being reinforced?
- What could be done to reinforce the desired behavior?





## 2. Natural Consequences





$$\int \frac{x+5}{x^2-2x-3} dx$$

**Logical Consequences**

$$= 2 \ln (x-3) - \ln (x+1)$$

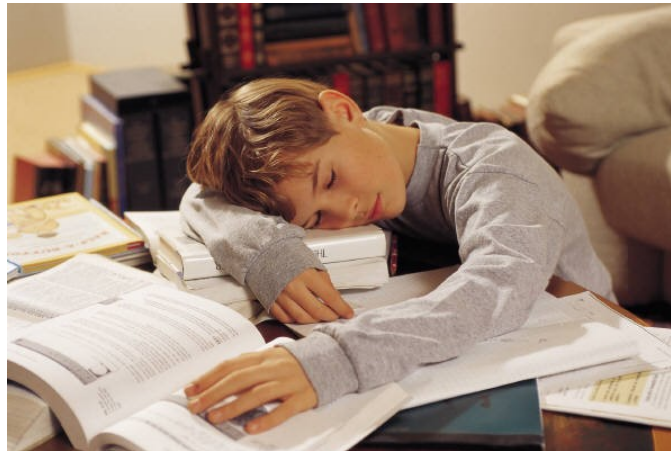
$$= \ln \frac{(x-3)^2}{x+1} + C$$



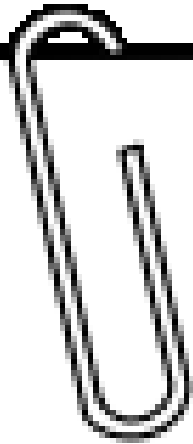
Tantrums in  
grocery store



Goes outside  
without permission



Refuses to finish his homework



# PHYSICAL PUNISHMENT

*Noun*

1. Punishment of a physical nature, such as spanking, inflicted on a child by an adult in authority.

- Fear of re-traumatizing
- Hurts the relationship
- Protection for caregivers





- Does not teach self-regulate
- Does not build initiative
- May reinforce undesired behaviors



**Restraint:**  
Physical  
restriction of  
movement



**Transfer of**

**LEARNING**

**LEARNING**



# 1

A child's primary communication  
tool is behavior.

# 2

I can promote positive development by connecting with the child, creating a sense of safety, and giving specific and clear feedback about what he/she should be doing.



3

Physical punishment is ineffective in teaching self-regulation and initiative.



# Thank you!

For additional information  
and tools, consider attending  
the Fundamentals of  
Fostering training *Discipline:  
Managing Our Behaviors to  
Manage Theirs*

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