

# Family Resources

## Pyramid Model Tier 1 Nurturing & Responsive Relationships

### Topic: Parent & Child Relationship

<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Tips on Helping Your Child Build Relationships : Supporting Your Child's Relationship Building Skills</b>	Web-page article – Discusses why it is important for young children to observe and develop positive relationships with parents and others. Suggestions for building relationships skills with children are included	<a href="http://www.zerotothree.org/child-development/social-emotional-development/tips-on-helping-your-child-build-relationships.html">http://www.zerotothree.org/child-development/social-emotional-development/tips-on-helping-your-child-build-relationships.html</a>	I/T- Pre-K
<b>Strategies for Promoting Nurturing, Responsive Relationships with Infants</b>	List of ways to build relationships with children from birth to 3. Examples are listed by month ranges- infants through toddlers	<a href="http://challengingbehavior.fmhi.usf.edu/exploration/webinars/10.11.12_tacsei_webinar/Handout%201.11%20TACSEI%20Strategies.pdf">http://challengingbehavior.fmhi.usf.edu/exploration/webinars/10.11.12_tacsei_webinar/Handout%201.11%20TACSEI%20Strategies.pdf</a>	I/T
<b>Supporting Your Child's Confidence</b>	Web page article – describes how self-confidence is developed in a young child through supportive nurturing relationships	<a href="http://www.zerotothree.org/site/PageServer?pagename=ter_key_social_confidence&amp;AddInterest=1157">http://www.zerotothree.org/site/PageServer?pagename=ter_key_social_confidence&amp;AddInterest=1157</a>	I/T – Pre-K
<b>What Works Brief: Fathers and Father-Figures</b>	Article – A What Works Brief on importance of fathers to social emotional development (full brief)	<a href="http://csefel.vanderbilt.edu/briefs/wwb16.pdf">http://csefel.vanderbilt.edu/briefs/wwb16.pdf</a>	Pre-K, I/T
<b>What Works Brief: Fathers and Father-Figures</b>	Handout – A What Works Brief on importance of fathers to social emotional development	<a href="http://csefel.vanderbilt.edu/briefs/handout16.pdf">http://csefel.vanderbilt.edu/briefs/handout16.pdf</a>	Pre-K, I/T
<b>Understanding Your Child's Behavior: Cues from Birth to Age 2</b>	Article – Provides examples of how infants and toddlers communicate feelings and needs	<a href="http://csefel.vanderbilt.edu/documents/reading_cues.pdf">http://csefel.vanderbilt.edu/documents/reading_cues.pdf</a>	I/T
<b>Nurturing Your Child's Social-Emotional Development: What Makes Me Laugh</b>	Handout – A list of ideas to try to make a child laugh when playing. Play and laughter are relationship building between a child & caregiver	<a href="http://teamtn.tnvoices.org/sites/teamtn/files/What%20Makes%20Me%20Laugh.doc">http://teamtn.tnvoices.org/sites/teamtn/files/What%20Makes%20Me%20Laugh.doc</a>	I/T
<b>Use Positive Words</b>	Handout – Offers families guidance on emphasizing what to do versus what not to do through examples of how to rephrase what not to do statements	<a href="http://www.challengingbehavior.org/do/resources/teaching_tools/toc/folder9/9e_positive_words.pdf">http://www.challengingbehavior.org/do/resources/teaching_tools/toc/folder9/9e_positive_words.pdf</a>	Pre-K, I/T

## Family Resources

Topic: Temperament and Attachment			
<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>What Works Brief: Understanding Temperament in Infants and Toddlers</b>	Article – A What Works Brief defining temperament and strategies to identify and understand temperament differences or similarities in you and your child (full brief)	<a href="http://csefel.vanderbilt.edu/briefs/wwb_23.pdf">http://csefel.vanderbilt.edu/briefs/wwb_23.pdf</a>	I/T
<b>What Works Brief: Understanding Temperament in Infants &amp; Toddlers</b>	Handout- A What Works Brief Handout, on identifying temperament traits in you and your child	<a href="http://csefel.vanderbilt.edu/briefs/handout23.pdf">http://csefel.vanderbilt.edu/briefs/handout23.pdf</a>	I/T
<b>What Works Brief: Attachment: What Works?</b>	Article – A What Works Brief on Attachment and how to support attachment through developing the parent child relationship	<a href="http://csefel.vanderbilt.edu/briefs/wwb_24.pdf">http://csefel.vanderbilt.edu/briefs/wwb_24.pdf</a>	I/T
<b>What Works Brief: Attachment: What Works?</b>	Handout– A What Works Brief on Attachment and how to support attachment through developing the parent child relationship	<a href="http://csefel.vanderbilt.edu/briefs/handout24.pdf">http://csefel.vanderbilt.edu/briefs/handout24.pdf</a>	I/T
<b>Tips on Temperament</b>	Article – Explains the concept of temperament and includes a description of the five characteristics of an individual’s temperament	<a href="http://www.zerotothree.org/site/PageServer?pagename=ter_key_temp_tips&amp;AddInterest=1158">http://www.zerotothree.org/site/PageServer?pagename=ter_key_temp_tips&amp;AddInterest=1158</a>	I/T
<b>Infant Toddler Temperament Tool</b>	Tool – to identify differences and similarities in temperament and how to work with these in the caregiver – child relationship	<a href="http://www.ecmhc.org/temperament/index.html">http://www.ecmhc.org/temperament/index.html</a>	I/T

# Family Resources

## Pyramid Model Tier 1: High Quality Supportive Environments

### Topic: Schedules and Routines

<i>Tools</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Love, Learning, and Routines</b>	Web page article - This two page resource provides information about the importance of routines in the lives of infants and toddlers	<a href="http://www.zerotothree.org/site/PageServer?pagename=ter_key_social_routines&amp;AddInterest=1157">http://www.zerotothree.org/site/PageServer?pagename=ter_key_social_routines&amp;AddInterest=1157</a>	I/T
<b>Backpack Series: How to Plan Activities to Reduce Challenging Behavior</b>	Handout- This one page handout describes how to plan activities and help children learn a schedule/routines to reduce/prevent some challenging behavior.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_plan_activities.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_plan_activities.pdf</a>	T/Pre-K -1
<b>Helping Children Understand Routines and Classroom Schedules</b>	Article- Describes with classroom examples it is important to have established schedules and routines for young children. These routines and schedules can be across the day, both at school and home	<a href="http://csefel.vanderbilt.edu/briefs/wwb3.pdf">http://csefel.vanderbilt.edu/briefs/wwb3.pdf</a>	T/Pre-K -1
<b>Helping Children Understand Routines and Classroom Schedules</b>	Handout- This is a tip sheet, first describing why schedules and routines are important. The majority of the handout lists ideas about what to think about when planning activities with young children	<a href="http://csefel.vanderbilt.edu/briefs/handout3.pdf">http://csefel.vanderbilt.edu/briefs/handout3.pdf</a>	T/Pre-K -1
<b>Backpack Series: How to Help Your Child Have a Successful Morning</b>	Handout - This one page handout describes how to pre-plan and have strategies to teach your child the morning routine through visual schedules and expectations. And, provides tips for success.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_morning_routine.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_morning_routine.pdf</a>	T/Pre-K
<b>Backpack Series: How to Help Your Child Have a Successful Bedtime</b>	Handout - This one page handout describes how to pre-plan and give strategies tips to help you and your child with the night time routine through visual schedules and expectations.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_bedtime.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_bedtime.pdf</a>	T/Pre-K

## Family Resources

Topic: Schedules and Routines (continue)			
<i>Tools</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Backpack Series: How to Use Visual Schedules to Help Your Child Understand Expectations</b>	Handout- Describes how visual schedules help communicate expectations to a child, by stepping through an activity with pictures. It helps the child to know: What am I supposed to do, What comes next, and Am I done	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_visual_schedules.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_visual_schedules.pdf</a>	T/Pre-K
<b>Making Life Easier: Bedtime and Naptime</b>	Handout - Provides a few proven tips for making bedtimes and naptimes easier for both parents and children	<a href="http://www.challengingbehavior.org/do/resources/documents/life_easier_bedtime%20and%20tipcard.pdf">http://www.challengingbehavior.org/do/resources/documents/life_easier_bedtime%20and%20tipcard.pdf</a>	Pre-K, I/T
<b>Making Life Easier: Going to the Doctor or Dentist</b>	Handout - Provides a few tips to prepare beforehand for visit to the doctor or dentist. Provides a list of children’s books that talk about or tell stories about going to the doctor/dentist	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/doctor_MLE.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/doctor_MLE.pdf</a>	Pre-K, I/T
<b>Making Life Easier: Holidays-Strategies for Success</b>	Handout - Provides a few tips to ease some of the stress of the season with young children. The tips include shopping and decorating as well as traveling suggestions.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/life_easier_holidays%20and%20tipcard.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/life_easier_holidays%20and%20tipcard.pdf</a>	Pre-K, I/T
<b>Making Life Easier: Running Errands</b>	Handout – Describes the importance of involving children in “errands” to help them learn about the community they live in. However, this can be challenging, the handout gives tips and examples of how to reduce the challenges involved with taking a child on everyday type errands.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/life_easier_errands%20and%20tipcard.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/life_easier_errands%20and%20tipcard.pdf</a>	Pre-K, I/T
<b>Making Life Easier: Diapering</b>	Handout – Provides tips to help make diaper changing time easier. The tips are especially helpful for toddler who are exploring the world and not ready to stop to change a diaper.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/life_easier_diapering%20and%20tipcard.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/life_easier_diapering%20and%20tipcard.pdf</a>	I/T
<b>Helping Children Make Transitions between Activities</b>	Article- Written for the childcare/classroom setting, this article still has suggestions for families on how to plan and think about their child’s behavior before transitions occur	<a href="http://csefel.vanderbilt.edu/briefs/wwb4.pdf">http://csefel.vanderbilt.edu/briefs/wwb4.pdf</a>	Pre-K-1

## Family Resources

Topic: Schedules and Routines (continued)			
<i>Tools</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Teaching Your Child to Become Independent with Daily Routines</b>	Article - The information in this handout will help you understand what you can expect from your preschooler and provides tips for helping your child learn how to become more independent with daily routines.	<a href="http://csefel.vanderbilt.edu/documents/teaching_routines.pdf">http://csefel.vanderbilt.edu/documents/teaching_routines.pdf</a>	I/T, Pre-K
<b>Scripted Story: I Go to Preschool (in car)</b>	Scripted Story: Steps for a child going to school, following the daily schedule and returning home.	<a href="http://csefel.vanderbilt.edu/scriptedstories/car.ppt">http://csefel.vanderbilt.edu/scriptedstories/car.ppt</a>	T-Pre-K
<b>Scripted Story: I Go to Preschool (on bus)</b>	Scripted Story: Steps for a child going to school, following the daily schedule and returning home.	<a href="http://csefel.vanderbilt.edu/scriptedstories/bus.ppt">http://csefel.vanderbilt.edu/scriptedstories/bus.ppt</a>	T-Pre-K
Topic: Intentional Play			
<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>The Power of Play</b>	Handout for parents describing the importance of play and activities for parents and children to play together for different age groups	<a href="http://main.zerotothree.org/site/DocServer/TherPowerofPlay.pdf?jsessionid=E9A0BC81CF919ECFCCF98486389FCE30.app258d?docID=161">http://main.zerotothree.org/site/DocServer/TherPowerofPlay.pdf?jsessionid=E9A0BC81CF919ECFCCF98486389FCE30.app258d?docID=161</a>	I/T
<b>Making the Most of Playtime</b>	Article – Describes the importance of play and playing with your child. It lists the developmental stages of play from birth to 3 years (Available in Spanish: <a href="http://cainclusion.org/teachingpyramid/materials/family/make_the_most_of_playtime_spanish.pdf">http://cainclusion.org/teachingpyramid/materials/family/make_the_most_of_playtime_spanish.pdf</a> )	<a href="http://csefel.vanderbilt.edu/documents/make_the_most_of_playtime2.pdf">http://csefel.vanderbilt.edu/documents/make_the_most_of_playtime2.pdf</a>	I/T,
<b>Tips on Playing with Infants &amp; Toddlers</b>	Article/Web page – Tips on how to make the most of your child’s playtime. And, why playtime is important in the development of young children.	<a href="http://www.zerotothree.org/child-development/play/play-tips.html">http://www.zerotothree.org/child-development/play/play-tips.html</a>	I/T, Pre-K

## Family Resources

Topic: Directions and Positive Feedback			
<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Cooperation</b>	Article – Tips to encourage young children to follow directions and cooperate with adult requests	<a href="http://csefel.vanderbilt.edu/resources/trainings/2.8.pdf">http://csefel.vanderbilt.edu/resources/trainings/2.8.pdf</a>	I/T
<b>Teaching Your Child to: Cooperate with Requests</b>	Article - This handout provides information on what parents might expect from their preschooler and some tips for helping the child follow requests (available in Spanish: <a href="http://cainclusion.org/teachingpyramid/materials/family/teaching_cooperate_spanish.pdf">http://cainclusion.org/teachingpyramid/materials/family/teaching_cooperate_spanish.pdf</a> )	<a href="http://csefel.vanderbilt.edu/documents/teaching_cooperate.pdf">http://csefel.vanderbilt.edu/documents/teaching_cooperate.pdf</a>	T, Pre-K
<b>Supporting Your Child's Cooperation</b>	Web-page article – Discusses what cooperation means: a joint effort—a give and take that is mutually satisfying. To develop a cooperative spirit in children, we need to help them understand how our requests and rules are good for everyone. Article gives tips on how to teach cooperation to children	<a href="http://www.zerotothree.org/site/PageServer?pagename=ter_key_social_cooperation&amp;AddInterest=1157">http://www.zerotothree.org/site/PageServer?pagename=ter_key_social_cooperation&amp;AddInterest=1157</a>	T, Pre-K
<b>Backpack Series: How to Give Clear Directions</b>	Backpack Series Handout- Gives reasons children do not always comply with directions and gives suggestions how to change your approach to give clear directions.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_directions.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_directions.pdf</a>	T, Pre-K-1st
<b>How to Use Positive Language to Improve Your Child's Behavior</b>	Backpack Series Handout –Gives suggestions how to use positive language when getting your child to do something.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_positive_language.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_positive_language.pdf</a>	T, Pre-K
<b>Tell Me What to Do Instead!</b>	Handout – How to use positive communication to help children learn what to do. Gives suggestions what to avoid (the don'ts) and ideas to give positive acknowledgement of appropriate	<a href="http://cainclusion.org/teachingpyramid/materials/family/TellMeWhatToDoInstead_FamilyCA.pdf">http://cainclusion.org/teachingpyramid/materials/family/TellMeWhatToDoInstead_FamilyCA.pdf</a>	T, Pre-K

# Family Resources

## Pyramid Model Tier 2: Targeted Social Emotional Supports

### Topic: Teaching Social Emotional Skills

<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>“You Got It!” Teaching Social Emotional Skills</b>	Article – This article looks at planned instruction on specific social and emotional skills for children at risk for developing more challenging behavior	<a href="http://www.challengingbehavior.org/do/resources/documents/yc_article_11_2006.pdf">http://www.challengingbehavior.org/do/resources/documents/yc_article_11_2006.pdf</a>	T, Pre-K, K
<b>Teaching Your Child About Feelings: from Birth to Age 2</b>	Article - Understanding feelings is an important part of a child’s social emotional development (Available in Spanish: <a href="http://cainclusion.org/teachingpyramid/materials/family/teaching_your_child_feeling_spanish.pdf">http://cainclusion.org/teachingpyramid/materials/family/teaching_your_child_feeling_spanish.pdf</a> )	<a href="http://csefel.vanderbilt.edu/documents/teaching_your_child-feeling.pdf">http://csefel.vanderbilt.edu/documents/teaching_your_child-feeling.pdf</a>	I/T
<b>Tips on Nurturing A Child's Social-Emotional Development</b>	Article – Reviews strategies for supporting social emotional development in infants and toddlers	<a href="http://csefel.vanderbilt.edu/resources/training/2.13.pdf">http://csefel.vanderbilt.edu/resources/training/2.13.pdf</a>	I/T
<b>Teaching Your Child to Identify &amp; Express Feelings</b>	Article – describes the importance of teaching your child different emotions and suggestions for activities to teach more than happy, sad, and mad (Available in Spanish: <a href="http://cainclusion.org/teachingpyramid/materials/family/teaching_emotions_spanish.pdf">http://cainclusion.org/teachingpyramid/materials/family/teaching_emotions_spanish.pdf</a> )	<a href="http://csefel.vanderbilt.edu/documents/teaching_emotions.pdf">http://csefel.vanderbilt.edu/documents/teaching_emotions.pdf</a>	T-Pre-K
<b>Social Emotional Tips for Families with Infants</b>	Handout for parents (scroll down), on suggestions to use during daily routines	<a href="http://www.ecmhc.org/documents/CEMHC_Tips_Infants_Parents_2.pdf">http://www.ecmhc.org/documents/CEMHC_Tips_Infants_Parents_2.pdf</a>	I/T

## Family Resources

Topic: Emotional Literacy			
<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Feeling Chart</b>	Tool – Feeling Faces Chart can be used for teaching children about different feelings, identifying how they feel and how feelings change throughout the day (Available in Spanish)	<a href="http://csefel.vanderbilt.edu/modules/2006/feelingchart.pdf">http://csefel.vanderbilt.edu/modules/2006/feelingchart.pdf</a>	Pre-K, I/T, K-1
<b>Emotion Faces</b>	Tool – Page-size faces of various emotions that can be used for teaching children about different feelings, identifying how they feel and how feelings change throughout the day	<a href="http://csefel.vanderbilt.edu/modules-archive/module2/handouts/5.pdf">http://csefel.vanderbilt.edu/modules-archive/module2/handouts/5.pdf</a>	Pre-K, I/T, K-1
<b>Feeling Wheel</b>	Tool – Children can move the spinner on the wheel to express how they are feeling throughout the day	<a href="http://www.challengingbehavior.org/do/resources/teaching_tools/toc/folder8/8e_feeling_wheel.pdf">http://www.challengingbehavior.org/do/resources/teaching_tools/toc/folder8/8e_feeling_wheel.pdf</a>	Pre-K, T, K-1
<b>This is How I Feel Today Photo Poster (Infants/Toddlers)</b>	Tool- feelings chart with photos of infants & toddlers with different feelings labeled. This can be used for teaching children about different feelings, identifying how they feel and how feelings change throughout the day as well as that others can have different feelings than their own	<a href="http://teamtn.invoices.org/sites/teamtn/files/feelingchart%20-%20infanttoddler.pdf">http://teamtn.invoices.org/sites/teamtn/files/feelingchart%20-%20infanttoddler.pdf</a>	I/T
<b>This Is How I Feel Today, Photo Poster And Activity (Older Children)</b>	Tool-Page size images of feelings of early elementary age children. This can be used for teaching children about different feelings, identifying how they feel and how feelings change throughout the day as well as that others can have different feelings than their own	<a href="http://teamtn.invoices.org/sites/teamtn/files/feelingchart-photo%20older.doc">http://teamtn.invoices.org/sites/teamtn/files/feelingchart-photo%20older.doc</a>	I/T, Pre-K & K-2
<b>Book List</b>	Tool – A list of books that can be read to talk about feelings and social skills with young children	<a href="http://csefel.vanderbilt.edu/documents/booklist.pdf">http://csefel.vanderbilt.edu/documents/booklist.pdf</a>	Pre-K, I/T, K-2
<b>Backpack Series: How to Use Social Stories to Teach Your Child New Skills</b>	Backpack Series Handout- describes how to create a social story-a story about a specific behavior or expectation that a new skill needs to be taught.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_social_stories.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_social_stories.pdf</a>	T, Pre-K-1st

## Family Resources

Topic: Emotional Literacy (continued)			
<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>I Ride the Bus to School-Scripted Story</b>	Tool- A scripted story that describes how to be safe riding the bus to and from school	<a href="http://teamtn.tnvoices.org/sites/teamtn/files/I%20ride%20the%20bus%20to%20school!.ppt">http://teamtn.tnvoices.org/sites/teamtn/files/I%20ride%20the%20bus%20to%20school!.ppt</a>	Pre-K /K-2
<b>The Pyramid Model on the Bus! (for families)</b>	Tool-flyer that describes the Pyramid Model briefly and provides information to families about helping their child be safe on the bus.	<a href="http://teamtn.tnvoices.org/sites/teamtn/files/The%20Pyramid%20Model%20on%20the%20Bus%20for%20Families.doc">http://teamtn.tnvoices.org/sites/teamtn/files/The%20Pyramid%20Model%20on%20the%20Bus%20for%20Families.doc</a>	Pre-K/K-2
<b>What Works Brief: Fostering Emotional Literacy in Young Children: Labeling Emotions</b>	<i>Article – What Works Brief on Fostering Emotional Literacy in Young Children: Labeling Emotions.</i> The article discusses the importance of emotional literacy and things to do to increase emotional literacy in young children.	<a href="http://csefel.vanderbilt.edu/briefs/wwb21.pdf">http://csefel.vanderbilt.edu/briefs/wwb21.pdf</a>	T, Pre-K, K
<b>What Works Brief: Fostering Emotional Literacy in Young Children: Labeling Emotions</b>	<i>Handout – What Works Brief on Fostering Emotional Literacy in Young Children: Labeling Emotions.</i> The article discusses the importance of emotional literacy and things to do to increase emotional literacy in young children.	<a href="http://csefel.vanderbilt.edu/briefs/handout21.pdf">http://csefel.vanderbilt.edu/briefs/handout21.pdf</a>	T, Pre-K, K
<b>Backpack Series: How to Help Your Child Recognize &amp; Understand Jealousy</b>	Backpack series handout about teaching children to recognize feelings in themselves and others and how to respond to those feelings. It discusses how parents can help their child understand that all feelings are okay, but it is learning how to respond to those feeling appropriately is important.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_jealousy.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_jealousy.pdf</a>	T, Pre-K-1st
<b>Backpack Series: How to Help Your Child and Label Emotions</b>	Backpack series handout about teaching children to recognize feelings in themselves and others and how to respond to those feelings.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_understand_emotions.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_understand_emotions.pdf</a>	T, Pre-K-1st
<b>Backpack Series: How to Help Your Child Recognize &amp; Understand Sadness</b>	Backpack series handout about teaching children to recognize feelings in themselves and others and how to respond to those feelings.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_recognize_sadness.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_recognize_sadness.pdf</a>	T, Pre-K-1st
<b>Backpack Series: How to Help Your Child Recognize &amp; Understand Anger</b>	Backpack series handout about teaching children to recognize feelings in themselves and others and how to respond to those feelings.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_anger.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_anger.pdf</a>	T, Pre-K-1st

## Family Resources

<b>Topic: Emotional Literacy (continued)</b>			
<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Backpack Series: How to Help Your Child Recognize &amp; Understand Disappointment</b>	Backpack series handout about teaching children to recognize feelings in themselves and others and how to respond to those feelings.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_disappointment.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_disappointment.pdf</a>	T, Pre-K-1st
<b>Backpack Series: How to Help Your Child Recognize &amp; Understand Frustration</b>	Backpack series handout about teaching children to recognize feelings in themselves and others and how to respond to those feelings.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_frustration.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_frustration.pdf</a>	T, Pre-K-1st
<b>Topic: Friendship Strategies</b>			
<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Infant Toddler Peer Behavior</b>	Handout – Describes infant and toddler development of peer behaviors for birth-3	<a href="http://csefel.vanderbilt.edu/resources/trainings/2.9.pdf">http://csefel.vanderbilt.edu/resources/trainings/2.9.pdf</a>	I/T
<b>You've Got to Have Friends</b>	Article – Discusses the importance of friendship skills	<a href="http://csefel.vanderbilt.edu/modules/module2/handout3.pdf">http://csefel.vanderbilt.edu/modules/module2/handout3.pdf</a>	T/Pre-K -2
<b>Backpack Series: How to Help Your Child to Learn to Share</b>	Backpack series handout about the importance of teaching children to share, it is a skill that uses empathy and thinking about others feelings.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_share.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_share.pdf</a>	T, Pre-K-1st
<b>Backpack Series: How to Help Your Child to Learn to Trade</b>	Backpack series handout about teaching a child to trade. This skill is the beginning of teaching a child to share.	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_trade.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_trade.pdf</a>	T, Pre-K
<b>Topic: Anger Management</b>			
<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Helping Young Children Control Anger and Handle Disappointment</b>	Article – Reviews methods for helping children address their anger and disappointment	<a href="http://csefel.vanderbilt.edu/modules/module2/handout7.pdf">http://csefel.vanderbilt.edu/modules/module2/handout7.pdf</a>	Pre-K, K-1
<b>Scripted Story: Tucker Turtle Takes Time to Tuck and Think (English)</b>	Scripted Story that teaches children strategies for dealing with anger and impulse (available in Spanish at <a href="http://csefel.vanderbilt.edu/resources/strategies.html">http://csefel.vanderbilt.edu/resources/strategies.html</a> )	<a href="http://csefel.vanderbilt.edu/scriptedstories/tuckerturtle.ppt">http://csefel.vanderbilt.edu/scriptedstories/tuckerturtle.ppt</a>	Pre-K, I/T, K-1

## Family Resources

Topic: Anger Management (continued)			
<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Scripted Story: When Tucker Gets Too Excited....</b>	Scripted Story where Tucker learns that if he gets too excited he needs to stop, take 3 deep breathes and calm down.	<a href="http://teamtn.tnvoices.org/sites/teamtn/files/When%20Tucker%20Turtle%20Gets%20Too%20Excited,%20He%20Takes%20Time%20to%20Tuck%20and%20Think_1.ppt">http://teamtn.tnvoices.org/sites/teamtn/files/When%20Tucker%20Turtle%20Gets%20Too%20Excited,%20He%20Takes%20Time%20to%20Tuck%20and%20Think_1.ppt</a>	Pre-K-1st
<b>The Turtle Technique</b>	Tool – One-page review of the Tucker Turtle Calm Down Technique	<a href="http://csefel.vanderbilt.edu/modules-archive/module2/handouts/7.pdf">http://csefel.vanderbilt.edu/modules-archive/module2/handouts/7.pdf</a>	Pre-K, I/T
<b>Turtle Pattern</b>	Tool –Cut-out Pattern for Tucker Turtle Puppet	<a href="http://csefel.vanderbilt.edu/scriptedstories/turtle-pattern.pdf">http://csefel.vanderbilt.edu/scriptedstories/turtle-pattern.pdf</a>	Pre-K, I/T
<b>I Can Use My Words</b>	Tool – Scripted Story that teaches children how to express their anger and disappointment with words (Power Point)	<a href="http://www.challengingbehavior.org/do/resources/teaching_tools/toc/folder6/6c_use_my_words.ppt">http://www.challengingbehavior.org/do/resources/teaching_tools/toc/folder6/6c_use_my_words.ppt</a>	Pre-K
<b>Responding to Your Child’s Bite</b>	Article - Provides information on why children bite, what to do and what not to do, and when to seek professional help (Available in Spanish: <a href="http://cainclusion.org/teachingpyramid/materials/family/biting-parenting_spanish.pdf">http://cainclusion.org/teachingpyramid/materials/family/biting-parenting_spanish.pdf</a> )	<a href="http://csefel.vanderbilt.edu/documents/biting-parenting_tool.pdf">http://csefel.vanderbilt.edu/documents/biting-parenting_tool.pdf</a>	Pre-K, I/T
<b>Helping Young Children Channel their Aggressive Tendencies</b>	Article - Describes aggression related to infant and toddler development and offers suggestions for managing it in very young children	<a href="http://www.zerotothree.org/site/PageServer?pagename=ter_key_temp_aggression&amp;AddInterst=1158">http://www.zerotothree.org/site/PageServer?pagename=ter_key_temp_aggression&amp;AddInterst=1158</a>	I/T

## Family Resources

<b>Challenging Behavior</b>			
<b>Topic: Positive Behavior Support</b>			
<i>Tools</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Positive Behavior Support - Q &amp; A</b>	Handout – Positive Behavior Support questions and answers for families that are working through challenging behavior in a school setting. Handout describes what PBS is and how it works for children with challenging behavior	<a href="http://csefel.vanderbilt.edu/modules/module3b/handout6.pdf">http://csefel.vanderbilt.edu/modules/module3b/handout6.pdf</a>	Pre-K, K-2
<b>When to Seek Outside Help for Children's Problem Behavior</b>	Article – Gives examples of situations that might reach beyond the scope of the Positive Behavior Support team	<a href="http://csefel.vanderbilt.edu/documents/dmg_seek_outside_help.pdf">http://csefel.vanderbilt.edu/documents/dmg_seek_outside_help.pdf</a>	Pre-K, I/T, K-1
<b>Backpack Series: How to Understand the Meaning of Your Child's Challenging Behavior</b>	Backpack series handout about how to think about why your child has challenging behavior and what new skills can be taught to reduce that behavior	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_understand_meaning.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_understand_meaning.pdf</a>	T, Pre-K-1st
<b>Backpack Series: How to Stop Whining</b>	Backpack series handout about identifying the triggers that lead your child to whine, and your response to that behavior might be encouraging it to continue. The handout gives tips to try to reduce some whining behavior	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_whining.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_whining.pdf</a>	T, Pre-K-1st
<b>Backpack Series: How to Help Your Child Stop Biting</b>	Backpack series handout about reason a child might be biting. Many times the biting is in part due to the inability to express appropriately through words or actions. The handout gives examples of why children might be biting as well as suggestions on how to prevent it from happening	<a href="http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_biting.pdf">http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_biting.pdf</a>	T, Pre-K-1st

## Family Resources

<b>Topic: Positive Solutions for Families</b>			
<i>Tool</i>	<i>Description of Tool/How to Use</i>	<i>Where to Find it</i>	<i>Age Group</i>
<b>Positive Solutions for Families</b>	Handout – This brochure provides parents with eight practical tips they can use when their young children exhibit challenging behavior	<a href="http://www.challengingbehavior.org/do/resources/documents/positive_solutions_for_families.pdf">http://www.challengingbehavior.org/do/resources/documents/positive_solutions_for_families.pdf</a>	Pre-K, I/T
<b>Positive Solutions for Families (Spanish)</b>	Handout – This brochure provides parents with eight practical tips they can use when their young children exhibit challenging behavior	<a href="http://challengingbehavior.org/do/resources/documents/positive_solutions_for_families_spanish.pdf">http://challengingbehavior.org/do/resources/documents/positive_solutions_for_families_spanish.pdf</a>	Pre-K, I/T
<b>Family Routine Guide</b>	Tool – The Family Routine Guide includes strategies for address challenging behavior through common routines and activities that occur during the family’s week	<a href="http://csefel.vanderbilt.edu/resources/parent/mod6/family_routine_guide.pdf">http://csefel.vanderbilt.edu/resources/parent/mod6/family_routine_guide.pdf</a>	Pre-K, I/T
<b>Building Relationships-Infant Support Routine Guide</b>	Tool-The Building Relationships-Infant Support Routine Guide includes strategies for building nurturing relationships with infants through common routines and activities that occur during the family’s week. Included is a list of developmental expectations for infants	<a href="http://teamtn.tnvoices.org/sites/teamtn/files/Building%20Relationships-Infant%20Support%20Routine%20Guide.pdf">http://teamtn.tnvoices.org/sites/teamtn/files/Building%20Relationships-Infant%20Support%20Routine%20Guide.pdf</a>	I
<b>Early Elementary-Family Support Routine Guide</b>	Tool- The Early Elementary Family Support Routine Guide includes strategies for address challenging behavior through common routines and activities that occur daily with early elementary children and their families. Included is a list of developmental expectations for children age 4 to 8.	<a href="http://teamtn.tnvoices.org/sites/teamtn/files/Early%20Elementary-Family%20Support%20Routine%20Guide_1.pdf">http://teamtn.tnvoices.org/sites/teamtn/files/Early%20Elementary-Family%20Support%20Routine%20Guide_1.pdf</a>	Pre-K, K-2
<b>Reading Your Child's Cues from Birth to Age 2</b>	Article - this helps children learn how to connect with others in ways that are healthy and respectful—a skill they’ll use for life	<a href="http://csefel.vanderbilt.edu/documents/reading_cues.pdf">http://csefel.vanderbilt.edu/documents/reading_cues.pdf</a>	I/T
<b>Toddlers and Challenging Behavior: Why They Do It &amp; How to Respond.</b>	Article - Provides insights into why your toddler behaves the way she does and offers strategies to help you help your toddler learn to express her feelings in more acceptable ways	<a href="http://www.zerotothree.org/site/PageServer?pagename=ter_key_social_challengingbehavior&amp;AddInterest=1157">http://www.zerotothree.org/site/PageServer?pagename=ter_key_social_challengingbehavior&amp;AddInterest=1157</a>	I/T

# Family Resources

**The materials in this guide (and more) can be found on the following websites:**

Center on the Social Emotional and Foundations for Early Learning (CSEFEL) – [csefel.vanderbilt.edu/](http://csefel.vanderbilt.edu/)

**What Works Briefs are available in Spanish at** [http://csefel.vanderbilt.edu/resources/what\\_works.html](http://csefel.vanderbilt.edu/resources/what_works.html)

Technical Assistance Center on Social Emotional Intervention (TACSEI) - <http://challengingbehavior.fmhi.usf.edu/>

**Backpack Connection Series & Make Life Easier available in Spanish at** [http://cainclusion.org/teachingpyramid/materials\\_family.html](http://cainclusion.org/teachingpyramid/materials_family.html)

Pyramid Model Consortium [www.pyramidmodel.org/](http://www.pyramidmodel.org/)

Center for Early Childhood Mental Health Consultation <http://www.ecmhc.org/>

Zero to Three: National Center for Infants, Toddlers, and Families <http://www.zerotothree.org/>

Team Tennessee [teamtn.tnvoices.org/](http://teamtn.tnvoices.org/)

**The content of this guide was adapted by Team Tennessee using these websites and the following resources:**

Joseph, G. & Strain, P. (2003). *Social emotional teaching strategies*. Administration for Children, Youth, and Families. [www.csefel.vanderbilt.edu](http://www.csefel.vanderbilt.edu)

Lentini, R., Vaughn, B. J., & Fox, L. (2004). *Routine Based Support Guide for Young Children with Challenging Behavior*. Tampa, Florida: University of South Florida, Early Intervention Positive Behavior Support.

Lentini, R., Vaughn, B. J., & Fox, L. (2005). *Teaching Tools for Young Children with Challenging Behavior*. Tampa, Florida: University of South Florida, Early Intervention Positive Behavior Support.

**Team Tennessee, Margaret Thorstenson & Elizabeth Vorhaus, (2012) revised January 2015**

## Family Resources

Contact *Team Tennessee* if you are interested in other information and articles about the Pyramid Model, Social-Emotional Development and Challenging Behavior: <http://teamtn.tnvoices.org>