



# ONLINE Challenging Behavior Series

**Live ZOOM Webinars specifically designed for Early Childhood Educators!**

- ✔ **Transformative!** Meaningful and informative 2-hour live webinars with evidence-based strategies you can use right away to reduce challenging behaviors
- ✔ **Engaging!** Entertaining and fun presentations with Raelene Ostberg on webcam, a visually engaging PPT, and a chance to share ideas with others in the chat
- ✔ **Relaxed!** Attendees are not seen or heard, so you can even attend in your PJs. Grab your tea and join us for a comfortable and rewarding learning experience you will love!

**100% Approved in MN and WI!**

## **Being the Star You Are: Mastering Stressful Moments so You Can Truly Shine!** **July 11th | 6:30pm-8:30pm CST**

Explore effective methods to reduce stress before, during, and after taxing moments to build the important self-regulation skills needed to prevent future emotional mayhem. Stress can bring out the worst in people and is a major trigger behind tantrums, whining, and aggression. How you respond during the tensest moments impacts children's emotional development but also how you feel about your important work. Pinpoint helpful adult responses for during stressful moments that help you keep your cool and build children's ability to calm, over time. Develop a plan to confidently address stressful moments so everyone can truly shine, today and tomorrow! CDA III: Supporting S-E Dev.

*"Great tools and examples that fit with what we do everyday and helps the children with their emotions." - Britney L., Childcare Provider*

## **Encouraging Emotional Intelligence in Early Childhood** **July 18th | 6:30pm-8:30pm CST**

Define emotional intelligence and identify typical emotional development milestones from birth to eight years old. Identify hands-on activities, books, and other resources to help build social and emotional skills. Learn emotion-coaching strategies to help children through difficult moments and maintain a supportive environment while you build children's ability to self-regulate. You will increase your joy, increase success, and decrease your stress as you gather evidence-based strategies to build the skills children need to behave well and manage big feelings. CDA III: Supporting S-E Dev.



## **Building the Social-Emotional Intelligence Needed to Perspective-Take and Get Along Well with Others** **July 25th | 6:30pm-8:30pm CST**

Explore children's social-emotional development in the context of relationships from birth to age eight. Identify strategies to promote emotional intelligence in relationships, including children's capacity to identify other's feelings, discern emotional cues, show understanding and empathy, use helpful responses when experiences conflicts. Gain methods to develop caring and compassionate children who can both tune into what others are feeling and know what to do about it. The tools learned will help the young children you care for build friendships, problem-solve, and build healthy relationships with others. Have fun and get inspired listening to entertaining, real-life stories that show the strategies in action. CDA III: Supporting S-E Dev.



## Working with Challenging Behaviors in Children Ages 3-8 Years

**Two Saturdays - July 15 & July 22**  
**from 8:00am-12:30pm CST**

Approved for up to 8-Hours in  
CDA III: Promote Soc-Emo Development

*"This online series is a MUST for childcare providers. It really opens your eyes! I've benefited by learning how to positively handle challenging behavior in the classroom!"*  
- Erika E, Childcare Provider

### **Part 1: Prevent Challenging Behaviors by Diminishing the Fuel that is Igniting the Fires**

Learn how stress, trauma, sleep, and other triggers fuel negative behaviors. Identify hands-on teaching tools that reduce challenges in your care.

### **Part 2: Gain Gleeful Cooperation with Positive Communication Techniques That Work**

Explore numerous strategies and positive communication methods that minimize challenges, reduce power struggles, and promote the behaviors you want.

### **Part 3: Powerful Techniques to Successfully Redirect Challenging Behaviors**

Identify helpful methods to redirect challenging behaviors and get children to listen and follow your directions to your direction in group settings.

### **Part 4: Helpful Positive Discipline Tools to Address Persistent Challenges**

Collect five positive discipline techniques that gain cooperation, teach consequences, and help children learn to make better choices in the future.

**Do participants get a training certificate and/or attendance entered into Develop or WI Registry after the webinar?**  
Yes! Simply attend, participate, and fill out a short survey to receive your training hours certificate and your attendance entered into the registry within one business day.



Developed & Presented by Raelene Ostberg, M.Ed. - Expert Trainer and Director, Thriving Together LLC



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