

CHALLENGING BEHAVIOUR TRAINING

COURSE CONTENT OVERVIEW



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 HIGH SPEED™
TRAINING

This Challenging Behaviour course is designed for professionals who want a better understanding of how to manage the difficult behaviour of the children that they work with.

The course helps learners to understand why children may behave inappropriately and provides information on techniques to use – such as praise, rewards and commands – to help a child moderate their unacceptable behaviour. It's important to recognise that children behave in a challenging way for a reason, and the response to this must be positive, constructive and supportive.

Module One - Understanding Challenging Behaviour

This module uses case study examples to highlight a range of underlying causes that may cause challenging behaviour amongst children. The module explains how children may react to difficult situations, and details the importance of forming positive, constructive relationships with them.

- Who is this course for?
- What is challenging behaviour?
- Needs, drives and emotional intelligence
- Case examples
- Reasons for challenging behaviour
- How children respond to challenges
- Forming relationships with children
- Looking after yourself
- Points to note
- Activity one - explore challenging behaviour

Module Two - Establishing Expectations

This module looks at the importance of having a behaviour expectation system in place within your setting and ensuring that all staff members are applying the same rules consistently.

- Behaviour expectation systems
- Co-negotiating quality behaviours
- Activity two - defining quality behaviours
- Rewards and sanctions
- Praise and commands
- Maintaining expectations
- Case study

Module Three - How to Respond Using Praise

This module looks at how you can respond effectively to challenging behaviour, focussing on how to use praise as an incentive for change. The module outlines how to use praise as a tool to stop or prevent unacceptable behaviour.

- Growth and fixed mindset
- Case study
- Benefits of responding well to challenging behaviour
- How to respond appropriately
- Dealing with non-compliance
- Using praise as an incentive
- Proximal praise
- Using praise effectively
- Activity three - define exemplar praise

Module Four - How to Use Rewards and Incentives

This module looks at the role of rewards and how these can be used in addition to praise. The module explains how rewards and incentives can motivate a child to moderate their behaviour, as well as prevent future challenging behaviour.

- Rewards
- Using rewards effectively
- Further approaches
- Setting limits and boundaries
- Activity four - explore rewards

Module Five - How to Use Commands Effectively

The module gives an overview of the different types of commands and explains which ones are most effective in getting the child to comply.

- Using commands effectively
- Unrealistic commands
- How to deliver commands
- Question commands
- Stop commands
- Giving options
- When-then commands
- After giving a command
- Preparing children for commands
- Following through with praise or consequences
- Activity five - define exemplar commands

Module Six - Dealing With Non-Compliance

This module looks at how to respond to a child who refuses to comply with your commands or instructions. The module explains the most effective techniques for encouraging a child to moderate their challenging behaviour.

- First steps
- Ignoring challenging behaviour
- Returning the attention
- Time out
- Older children
- Dealing with aggression
- Activity six - pre-mortem
- Physical intervention
- What to do next
- Further support
- Case study
- Final activity

Aims of the Training

By the end of this course, learners will:

- Understand what challenging behaviour is and how it is defined in your setting.
- Understand what might cause difficult behaviour and how to build positive relationships with children.
- Be aware of the different strategies and techniques for managing and responding to difficult behaviour.
- Understand how incentives and rewards can be used to motivate change.
- Understand how to communicate clearly with children in order to set limits and boundaries and help the child to learn what is appropriate behaviour.
- Know how to deal with non-compliance.