



Commonwealth of the Northern Mariana Islands Department of Community and Cultural Affairs

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CCDF Child Care Providers Attend Managing Challenging Behaviors with Preschoolers and School Age Children Training

A training session titled, **Managing Challenging Behaviors with Preschoolers and School Age Children** was held at Evergreen Learning Training Center in Chalan Kanoa. The training was held on Saturday, December 3rd at 12:00pm for two hours and thirty minutes. Erlaine Evangelista, Evergreen Learning Coach, facilitated the training to 17 childcare providers from Saipan.

Challenging behaviors are defined as behaviors that interfere with learning and engagement in prosocial interaction. Through this training, attendees learned ways to set up their child care environment to minimize conflict between children, discovered the importance of schedules and routines so children know what to expect. Participants also learned how to structure transitions and visual cue systems to help support children to self-regulate. They explored simple and short rules for expectations in their classrooms, and learned how to praise children's efforts.

Child care providers also engaged in a "Brain Break" activity by participating in a movement dance demo half way through the training. This activity served both as a demonstration to teachers of what can be done during long group activities in their child care centers and to prompt self-reflection on their own experience. The activity helped providers see how the brain break re-energized them to focus better for the next half of the training.

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