

Responding Positively to Challenging Behavior (Part Two)

The following resources may include both free and fee-based resources and inclusion in this list does not constitute endorsement by DoD or USDA.

Books & Articles:

- Delahooke, M. (2020). *Beyond behaviours: Using brain science and compassion to understand and solve children's behavioural challenges*. Hachette UK.
- Gartrell, D. (2023). *Education for a Civil Society: Teaching Young Children to Gain Five Democratic Life Skills*. National Association for the Education of Young Children.
- Gruenberg, A. (1998). Creative Stress Management. *Young Children*, 53(1), 38-42.
- Harlow, S. D. (1976). [*Special education: The meeting of differences*](#) (Vol. 9). University of North Dakota.
- Hemmeter, M. L., Ostrosky, M. M., & Fox, L. (2021). [Unpacking the pyramid model](#). Baltimore, MD: Brookes.
- Howard, S., & Johnson, B. (2004). Resilient teachers: Resisting stress and burnout. *Social Psychology of education*, 7(4), 399-420.
- Kaiser, B., & Rasminsky, J. S. (2012). Challenging behavior in young children: Understanding, preventing, and responding effectively. Boston, MA: Allyn and Bacon.
- McCallum, F., & Price, D. (2010). Well teachers, well students. *The Journal of Student Wellbeing*, 4(1), 19-34.
- Parker, P. D., & Martin, A. J. (2009). Coping and buoyancy in the workplace: Understanding their effects on teachers' work-related well-being and engagement. *Teaching and Teacher Education*, 25(1), 68-75.

Websites:

- [Division for Early Childhood Position Statement on Challenging Behavior and Young Children](#)
- [Early Intervention Training Program \(EITP\) Self-Care Cafe](#)
- [How to Avoid Burnout as a Preschool Teacher](#)
- IRIS Center Module: [Early Childhood Behavior Management: Developing and Teaching Rules](#)
- [Relationships, Recognition, Shared Vision: Principals Can Ease Teacher Stress](#)
- [Secondary Traumatic Stress: A Fact Sheet for Child-Serving Professionals](#)
- [Self-Care Assessment Worksheet](#) (from Brown University)
- [Stress and Burnout](#)
- [Teacher Stress and Burnout: The High Cost of Low Social and Emotional Development](#)
- [Teacher Wellbeing](#)

National Center for Pyramid Model Innovations (NCPMI):

- [Developing a Neutralizing Routine](#) with PAR and TRY
- [Giving Positive Feedback and Encouragement](#)
- [Hot Buttons](#)
- [Positive Descriptive Feedback](#)
- [Reframing Behavior](#)
- [Self-Care for Teachers](#)
- [Tips for Responding to Challenging Behavior in Young Children](#)

Selected OneOp Resources on Challenging Behavior:

- [Aligning with Parents to Support Children Exhibiting Difficult Behaviors](#)
- [Challenging Behavior: There is No One Definition!](#)
- [Collecting Data on Challenging Behavior](#)
- [Intentional Design: Promoting Positive Behavior](#) (on-demand webinar series)
- [This is the Way! Partnering with Families to Address Challenging Behaviors](#)
- [What is Challenging Behavior? What Can We Do About It?](#)

Selected OneOp Resources on Trauma and Self-Care:

- [A Conversation on Professional Burnout: A “Show Up Inspired” Podcast Episode](#) (podcast)
- [Battling Burnout: Practices to Overcome Therapist Compassion Fatigue](#)
- [Burnout and Resilience in Service Providers](#) (podcast)
- [Childhood Trauma: Understanding, Supporting, and Preventing](#) (asynchronous course)
- [Compassion Fatigue](#)
- [Driving the Horse: Incorporating Self-Care Practices into the Work Day for Enhanced Performance](#) (podcast)
- [Need to Refuel? Tools for Self-Care & Resilience](#) (on-demand webinar)
 - [Feeling Depleted: Ways to Self-Assess & Refuel](#) (related blog activity)
- [Risk & Resilience: Understanding Secondary Traumatic Stress Post-Pandemic](#) (on-demand webinar)
- [Self-Care for Clinicians and Professionals](#)
- [Tips for Providers & Caregivers to Manage Secondary Trauma](#)

**For additional training and/or certification in trauma-informed practices specific to the education field, many institutions of higher learning across the U.S. may offer types of degree/certification programs. One such program can be found at the [University of Illinois at Urbana-Champaign](#) or view a crosswalk of these opportunities [here](#).

Videos:

- [Being Proactive for Social, Emotional, and Physical Health – Teacher Wellness Tips](#)
- [School Suspensions are an Adult Behavior](#) by Rosemarie Allen, PhD