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# DEVELOPMENTALLY APPROPRIATE CHILD GUIDANCE: HELPING CHILDREN GAIN SELF-CONTROL

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*by Will Mosier*

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**D**ealing with disruptive behavior in the classroom is one of the most difficult issues an early childhood educator faces. In trying to redirect or extinguish disruptive behavior, teachers need to use developmentally appropriate practices as laid out by the National Association for the Education of Young Children (NAEYC).

According to these practices, the purpose of child guidance, or discipline, is not to control young children but to help them learn to be cooperative. The most effective techniques help children learn how to accept responsibility for their actions and empower them to exercise self-control.

Discipline should not be punishing. Instead, it should provide children with learning experiences that nurture an understanding of social consciousness. Those learning experiences include participating in generating class rules, receiving positive reinforcement for pro-social behavior, experiencing the natural and logical consequences of their behavior, and observing adults in pro-social, person-to-person interactions. Ultimately, any child guidance technique must nurture each child's social, emotional, and cognitive development.

## **Involve children in creating classroom rules**

An important initial step in ensuring a developmentally appropriate pro-social environment is to create a set of classroom rules in cooperation with all the children in your room on the first day of the school year. A cooperative approach is the key.

With 3-year-olds, you may need to propose two or three simple rules, explain the reasons behind them, and invite their cooperation. By the time they turn 4, most children will be able to propose rules and discuss them. Ideally, classroom rules are not teacher-dictated. They must evolve from ideas discussed with and agreed upon by the children.

By encouraging children to participate in setting rules, you are laying the foundation for a community

of learners who follow rules, not because they will be punished by the teacher if they don't, but because they feel a part of that which they help to create. Using a democratic group process helps children to develop moral reasoning.

Creating rules helps clarify behavior expectations. If children are to know what behavior is expected, the guidelines must be stated as positive actions. Help children with wording that says what they are expected to do, not what they can't do.

For example, instead of a rule that says "No running," the rule would read "Running is an outside activity. I walk inside." Other examples:

"I touch people gently."

"I talk in a quiet tone of voice."

"When I finish with an activity, I put it back where I found it."

"I place trash in the wastebasket."

Once the rules have been established, create opportunities to practice them. During the first few weeks of the year, reinforce the class rules through role playing, singing songs, and reading children's books about the rules.



In addition, you must model the rules and socially competent behavior in general. Children best learn rules by seeing them practiced by the adults in their lives. Modeling pro-social behavior demonstrates how human beings should interact with one another. It reinforces behaviors that are respectful of others.

## **Use positive reinforcement**

Make a commitment to verbally reinforcing the socially competent behavior you expect in young children. Use positive feedback to reinforce pro-social, productive behavior, and to minimize disruptive behavior.

To reinforce pro-social behavior, simply look for it. When it happens, use a three-part “I” message, as explained below, to reinforce it. When disruptive behavior occurs, use positive feedback to draw attention to classroom behavior that you would like to see. Avoid focusing on the disruptive behavior.

## **DISCIPLINE SHOULD NOT BE PUNISHING.**

Reinforcing pro-social behavior should not be confused with praise. Praise can damage a child’s self-esteem by making a child feel pressured into attaining arbitrary standards. Praise implies an objective value judgment. For example: “Josh, your painting is beautiful.” If praise does not continue, Josh may perceive that his value, as a person, is diminishing. A young child may start to assume that a person’s value is directly tied to an ability to produce a specific product.

A better alternative is recognition and encouragement. Encouragement is specific and focuses on the process the child used to produce the artwork or how the child is feeling at the moment. For example: “I like the effort you put into your picture” or “I see that you’re happy with the red lines and green circles.” In these examples, neither the child nor the product is labeled good or bad. The focus is on the process or behavior. When stated as positive affirmations, words of encouragement can help nurture self-esteem.

An encouragement system can also use tokens as positive feedback. For example, children could be offered tokens when displaying behavior you want to reinforce. The tokens are not used as rewards,

and they are not redeemed for some tangible prize. Additionally, the tokens would never be taken away once given to a child.

This system encourages a child to repeat desired behavior and will tend to stimulate intrinsic motivation. When a child sees or hears a classmate being reinforced for a particular behavior, the attention given to the targeted behavior increases the odds that the disruptive child will be motivated to try the same behavior.

Examples of developmentally appropriate tokens are construction paper leaves that can be placed on a personalized paper tree, and paper ice cream scoops that can be stacked on a paper ice cream cone. Every child would have a tree trunk or ice cream cone on a designated bulletin board. Early in the year the children would cut out leaves or ice cream scoops and place them in a large container near the board. When a teacher observes a desired behavior, she states the behavior, how she feels about it, and invites the child to get a token. “Tyron, when I see you picking up those blocks, I feel so excited, I invite you to put a leaf on your tree!” Phrasing a message in this manner tends to encourage intrinsic motivation.

## **Use natural and logical consequences, not punishment**

Natural and logical consequences can effectively motivate self-control without inflicting the cognitive, social, and emotional damage caused by punishment. When appropriate, allow natural and logical consequences to redirect inappropriate or disruptive behavior. This will encourage self-direction and intrinsic motivation.

Assume, for example, that Melissa leaves her painting on the floor instead of putting it on the drying rack, and a minute later another child accidentally steps on the artwork and ruins it. Melissa ends up with a torn painting as a natural consequence.

Use logical consequences when natural consequences are not practical. If a child is throwing blocks, for example, a logical consequence would be to lose the privilege of playing in the block area for a set time. Children need the opportunity to connect their behavior and its consequences. Using logical consequences allows children to learn from their experience.

By contrast, punishment relies on arbitrary consequences. It imposes a penalty for wrongdoing. For

example, “Steven, because you hit Johnny, you don’t get to sit in my lap for story time.” Loss of lap time here is an arbitrary consequence, unrelated to the hitting behavior.

Being punished for unacceptable behavior conditions young children to limit behavior out of fear and leads to lowered self-esteem. Experiencing logical consequences, on the other hand, allows children to see how to achieve desired goals and avoid undesired consequences.

Inappropriate, disruptive behavior is typically motivated by the need to gain attention. Wanting attention is not a bad thing. The issue is how to gain it. Children need to learn that they can choose to satisfy needs in socially acceptable ways. Logical consequences help young children become self-correcting and self-directed.

## Model clear, supportive communication

Supporting a child’s cognitive, emotional, and social development requires well-honed communication skills. When talking to young children about behavior, differentiate between the child and the behavior. It’s the behavior that’s “good” or “bad,” not the child.

**“I” messages.** Speaking in three-part “I” messages is an effective tool for keeping your focus on the child’s behavior. This is a three-part, non-blaming statement that helps a young child hear which behaviors are not acceptable without damaging the child’s social, emotional, or cognitive development. “I” messages can be used to address inappropriate



or disruptive behavior as well as to reinforce socially competent and positive behavior.

Use this template for constructing “I” messages that encourage pro-social behavior: “When I see you \_\_\_\_ (identify acceptable behavior), it makes me feel \_\_\_\_ (identify your feelings about the behavior) that I want to \_\_\_\_ (identify what you want to do). For example: “Wow, Tara, when I see you turning the pages carefully as you read your book, I feel so happy I want to give you a high five.”

To extinguish disruptive behavior, adapt the template as follows: “Tara, when I see you hit Mary, I get so sad that I am going to keep you with me until I think you understand about touching people gently.”

**Empathic understanding.** Empathy is the ability to identify with someone else’s feelings. As early childhood educators, we are responsible for nurturing the development of emotional intelligence in young children. We need to reinforce behavior that is sensitive to the emotional needs of others.

An example of when to use this skill is when children are tattling. Children tattle as a passive-aggressive way to solicit adult attention. Assume, for example, that Takesha complains, “Johnny hit me.” A developmentally appropriate response would be “You didn’t like that, did you?”

This type of response does three things: 1) The focus remains on the child’s feelings, rather than on the actions of another child. 2) It models words that help a child express what she is feeling. 3) It encourages the child to talk about how she feels, which helps her develop enhanced awareness of her feelings and pro-social ways to express them.

**Attentive listening.** Children need to feel they are being listened to. To communicate that you are paying attention to a child, maintain eye contact, smile attentively, and use appropriate, gentle touch to convey that you have unconditional positive regard for the child. Use the same communication skills with children that you want others to use with you.

Common listening errors that adults make when interacting with young children are analyzing the child’s words rather than focusing on the child’s feelings, rushing the child through the expression of feelings, and interrupting the child’s expressing of feelings. A teacher displaying impatience, for example, can stifle language development and discourage a child from sharing feelings. But a teacher who listens attentively helps children develop emotional intelligence.

## Be consistent

A critical factor for successfully implementing developmentally appropriate child guidance is consistency. You need to enforce rules consistently, even when it may be easier to look the other way.

Children need to know what is expected of them. They have difficulty adjusting to unexpected change. When they display disruptive behavior, keep in mind that it may have been conditioned into them since toddlerhood. It's unrealistic to assume that it will be extinguished in just one day. Behavior reinforced prior to the child's being exposed to your classroom will take time to reshape. Don't expect an overnight change.

## WANTING ATTENTION IS NOT A BAD THING.

You can change disruptive behavior by using a consistent, systematic process, such as the 12 levels of intervention explained in pages 6-7.

Developing self-control is a process. Throughout the process early childhood educators must demonstrate considerable patience and be consistent in reinforcing productive, socially competent behavior.

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## About the author

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# THE 12 LEVELS OF INTERVENING IN DISRUPTIVE BEHAVIOR

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**T**eachers can apply 12 levels of intervention that effectively address disruptive behavior in a way that leads to eventual extinction of the behavior, while supporting social, emotional, and cognitive development. When implemented correctly, these 12 levels of intervention foster the development of self-control. Being unwaveringly consistent with interventions, from the first day of class to the last, is crucial.

Always start with the level one intervention first. When the desired change is not achieved at a lower level, add on the next level while continuing to follow through on the previous levels. Do not go backward. Use the levels in order, as needed, and do not skip a level.

If disruptive behavior is not extinguished at any one level, do not simply continue to use the same level of intervention that was successful yesterday. That is not leading the child to self-control. Rather, add a higher level. If a behavior was extinguished at one level yesterday and it reappears today, you must add the next level of intervention to reinforce self-control. To stop at a level that worked yesterday and not add the next higher level of intervention will tend to reinforce the reemerging behavior.

**1** Give no direct attention to the unacceptable behavior. Any attention will tend to reinforce recurrence of the behavior.

In essence, ignore the behavior you do not want to see repeated. When disruptive behavior is not reinforced 50 percent of the time, the behavior will tend to move toward extinction.

If this first-level of intervention does not seem to be stopping the unacceptable behavior, continue to avoid providing direct attention to the behavior and add the level two intervention.

**2** Arrange the environment to minimize disruptive behavior. The goal is to change the environment in such a way as to decrease the likelihood that the disruptive behavior will be repeated.

Imagine two children sitting side by side are kicking one another. Simply changing the seating arrangement so that these two children are not so close together may resolve the issue.

Make ongoing observations, throughout the school year, to assess the classroom setup. Even a subtle change may be all that is needed to support greater self-control. Perhaps simplifying the environment to facilitate more self-directedness will support children becoming more self-correcting.

As children achieve mastery of the environment, add materials with increased complexity so that children remain challenged. The environment must provide the proper balance of cognitive challenge and familiarity.

If, after continuing to give no direct attention to the disruptive behavior and rearranging the environment, the disruptive behavior continues, add level three.

**3** Use neutral time to discuss alternative behavior to the disruptive act with the entire class. A neutral time is when the behavior is not an immediate issue. The goal is to rely on vicarious learning to facilitate self-control.

Waiting until a neutral time to discuss unacceptable behavior is important. Pointing out disruptive behavior at the moment it is displayed will tend to reinforce the very behavior you want to stop.

Waiting for teachable moments is difficult for many teachers. If they see a problem, they want to resolve it then and there. However, waiting for teachable moments is necessary so you don't give positive reinforcement to undesirable behavior.

Example: At story time, read stories about behavior issues. If a child is hitting and pushing, read a book that addresses that behavior and discuss socially competent behavior. Making reference to the situation in which unwanted behavior was displayed is useful but must be done in a non-threatening, non-judgmental way.

Example: Give a puppet show in which the characters show self-control. Puppet shows give children a chance to act out class rules that are expected of them.

Other examples: Use circle time to lead a discussion that revisits the class rules. Teach the children songs that address the problem. Show a brief film about the unacceptable behavior and socially acceptable behaviors.

These examples are not pointing fingers at the disruptive child. At neutral times, when there is no longer an emotional investment in the event, children will tend to be more receptive to open communication about the issue.

If the disruptive behavior continues, do not abandon the first three levels. Continue them and add level four.

**4** Scan the room for children engaging in pro-social behavior and use an “I” message to commend the behavior. Example: “Maria, when I see you reading your book quietly, I feel so happy I want to smile!”

Search for neutral times to directly encourage pro-social behavior in a disruptive child. Do not directly address the disruptive child about alternative behavior at the moment the disruptive behavior is occurring. Doing so will tend to reinforce the disruptive behavior. Look for moments when the child is displaying a desirable behavior and provide reinforcement at that moment. For example: “When I see you sitting in your seat, Ethan, I feel so happy that I want to give you a high five.”

**5** Start walking casually toward the child who is demonstrating disruptive behavior while pointing out an acceptable behavior by another child in the classroom.

If two children are fighting, for example, begin to walk toward them without making direct eye contact. Fifty percent of the time, this will be enough to extinguish the behavior at that moment. In the instances when it doesn’t, simply continue to walk in the direction of the disruption until you are standing directly beside the children. Stopping next to the child is the level six intervention.

**6** Stand by the child for a short period. Your closeness may be enough to extinguish the unwanted behavior.

**7** Stay next to the disruptive child for an extended time. Continue to explore how to enhance the effectiveness of the first four intervention levels.

**8** Apply gentle, appropriate touch. For example, non-intrusively place your hand on the child’s shoulder. Applying gentle, appropriate touch may provide reinforcement for focusing on self-control. Non-threatening tactile stimulation may encourage the child to refocus away from disruptive behavior.

**9** While still applying gentle, appropriate touch, use a verbal cue to redirect the child. A verbal cue is a first-person singular statement that illustrates the expected behavior.

For example, if a child is kicking the blocks, a verbal cue might be “I am going to put all the blocks back in their places on the shelf now.” The goal is to distract the child from inappropriate behavior and refocus the child’s attention on pro-social behavior.

Give the verbal cue only after first applying gentle, appropriate touch. Continue with the earlier levels.

**10** Manually guide the child to undo the unacceptable act and redo the desired behavior. Use a three-part “I” message while assisting the child in doing the alternative behavior.

For example, if Denny hits Johnny, you might choose to gently guide Denny’s hand in patting Johnny, saying, “It is not like me to hit Johnny. I touch Johnny gently.”

**11** Keep the child by your side for an entire activity, as you move around the room, until the next transition. Use a three-part “I” message to explain why you are limiting the child’s access to other activities. Respond empathically each time the child expresses an interest in doing some activity other than staying with you.

For example, “Alex, when I see you hit, I feel so scared that someone may get hurt that I am going to have you stay with me until I feel safe that you understand about touching people gently.” Or “Beatriz, when I see you pinch Josh, I feel so worried that I am going to keep you with me until I feel safe that you understand ‘I touch Josh gently.’”

**12** Keep the child by your side for multiple activities, or as long as necessary to help facilitate self-control. Eventually the child will realize that if he doesn’t want to stay with the teacher all the time, he has to discontinue the unacceptable behavior.

self-regulated learners: children who have learned to manage strong emotions, control impulses, and stay on task with minimum distraction. social competencies: skills needed for successful social interaction; in young children these include making simple decisions, interacting with others in productive ways, and being able to resolve conflicts in appropriate ways (by using their words and negotiating and not being aggressive). Understand How Children Think. Developmentally appropriate practices are defined as teaching and learning experiences grounded in what we know about how children learn at different ages and stages of development. Educators can help children move beyond their own perspective to understand, appreciate, and respond to others' perspectives. Developmentally appropriate child guidance: helping children gain self-control. @inproceedings{Mosier2009DEVELOPMENTALLYAC, title={DEVELOPMENTALLY APPROPRIATE CHILD GUIDANCE: HELPING CHILDREN GAIN SELF-CONTROL}, author={Will Mosier}, year={2009} }. Will Mosier. Published 2009. Psychology. room is one of the most difficult issues an early childhood educator faces. According to these practices, the purpose of child guidance, or discipline, is not to control young children but to help them learn to be cooperative. The most effective techniques help children learn how to accept. CONTINUE READING. childcarequarterly.com. Using appropriate behaviour guidance helps children to regulate their own behaviour so that they do not always rely on adults to guide their behaviour, although they will still need assistance much of the time. Older children are more able to negotiate their own rules and the consequences of not keeping to them, whilst younger children need clearer guidelines and boundaries. When reading this weeks chapter and reading the Developmentally Appropriate Child Guidance: Helping Children Gain Self-Control article, I realized there are a lot of situations we as educators can and do face in the classroom. Some situations that may be challenging in an early childhood classroom are; clean up time and hitting. I think depending on children and the situation things can be handle certain ways. I think the best way to teach the children is play with one toy at a time and when you are done put it away and go to the next toy. This way it keeps. You've reached the end of your free preview.