

# Practice Implementation Checklist: Distress & Challenging Behaviors

Place a star next to the items you feel are a strength for you.

Then, check any of the boxes that apply.

## I would like to...

<b>Respond to children in distress &amp; manage challenging behaviors</b>	Learn more about this	Do this more often	Do in other routines or differently	Do this in better ways
Remain calm & supportive during distressful episodes				
Immediately respond to child in distress to assess child's status				
Provide attention when child is calm & behaving appropriately				
Use challenges as an opportunity to help children recognize & deal with emotions				
Provide support to toddlers to help them problem solve, when appropriate				
Use strategies such as redirection and/or planned ignoring with toddlers who engage in challenging behaviors				
Use variety of strategies to calm, soothe, or console children in distress on an individual basis				

### My Notes:

