Welcome to GUI103

Aggressive and defiant behaviors in children pose tremendous challenges to adults at every level, from the early childhood environment through high school. In this course, participants will learn about the underlying causes of aggressive behavior, the reasons why aggressive behaviors cannot be ignored, and strategies and practices for helping children develop positive social-emotional skills.

Course Objectives:

By taking notes on the handout provided in this course, completing reflection exercises, and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Identify characteristics of aggressive behaviors
- Identify basic strategies for promoting healthy social-emotional development in children of all ages
- Differentiate between instrumental aggression and hostile aggression
- Recognize the importance of developmental appropriateness when responding to aggressive behavior
- Identify recommended “do’s and don’ts” when intervening in a child’s aggressive behaviors
- Recognize criteria for determining when to seek professional help for aggressive behaviors
- Identify and define essential goals of positive guidance, including self-identity, self-respect, self-regulation, self-confidence, and self-discipline
- Identify recommended classroom management strategies that discourage aggressive behaviors, including bullying, and promote positive social-emotional development
- Identify characteristics of Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD)

During this course, participants are expected to reflect and write about topics related to their own learning and teaching experiences in relation to course content.

References:


Defining Aggression and Defiance

Aggression:
Defiance:

What Causes Aggressiveness?

Understanding Aggression

Basic Types of Childhood Aggression

Instrumental:

Hostile:

How and Why to Intervene
In the Heat of the Moment: Do’s and Don’ts

Criteria for Seeking Professional Help

Positive Guidance Goals and Techniques

The Basic Positive Guidance Goals
What About Temper Tantrums?

The Role of Classroom Management

The Rules

Schedules and Routines

When Rules, Routines, and Positive Guidance Simply Aren’t Enough
Bullies

Pathology and Evaluation of Childhood Aggression

ADHD and Aggression

*Roughly 30 percent of children diagnosed with ODD...*

Additional Strategies and Connecting with Parents
Tips for Parents

Try This!

Calming Strategies
Encourage children to breathe deeply and stretch way up high to alleviate stress and anxiety. Dr. Becky Baily, Ph.D. an internationally recognized expert in childhood education and developmental psychology suggests several calming strategies on her website www.consciousdiscipline.com that you could use to be more mindful and help reduce anxiety in children and yourself. Click on the Resource section, go to Printable Posters, Tools & Articles and download the “Safe Place Breathing” methods.

Try This!

Contracts and Goals
Let the child know exactly the behavior that is expected and what is not. Work with the child to set goals and write a contract. Track the child’s behavior on a chart that is kept private between the teacher, parent and child. Encourage parent to provide positive reinforcement such as a special treat or more time with a parent to enjoy a favorite activity or playing together.