

Mindfulness as Behavior Management

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Define “Behavior Challenges”

How do they make you feel?



Define “Mindfulness”

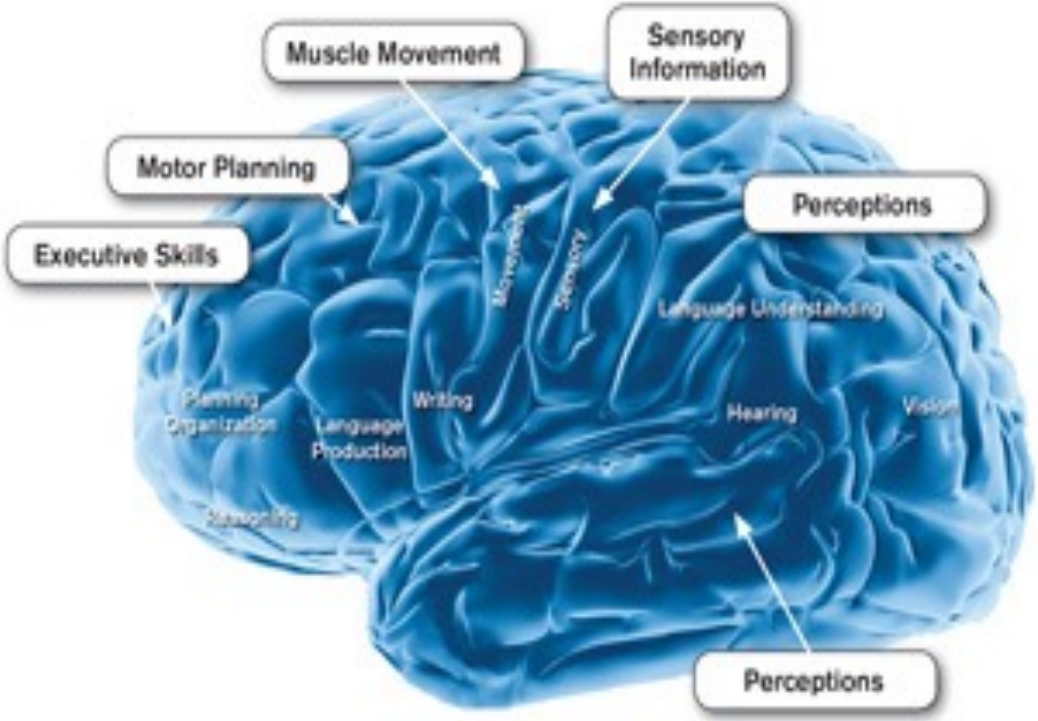
How does it make you feel?



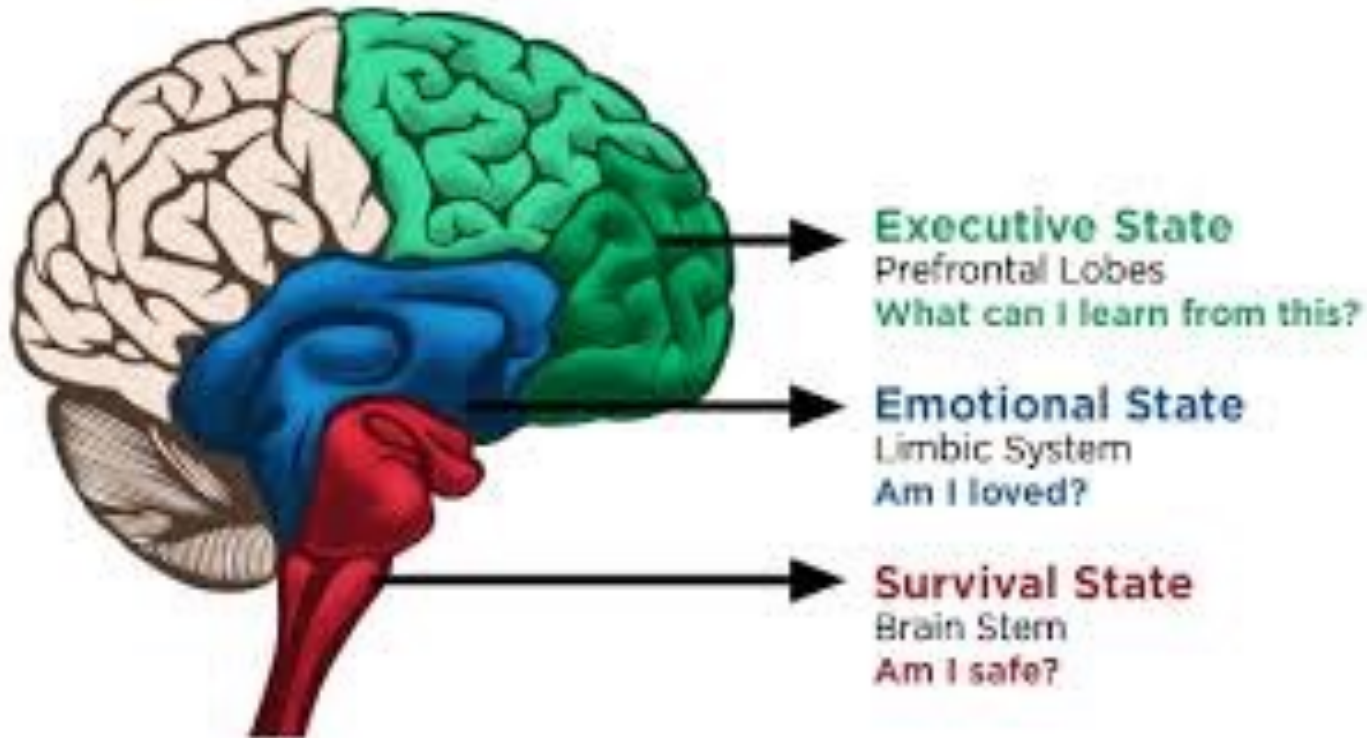
Whyyyyyyyyyy?

- What's happening in this child's brain?
- What need is this child communicating?

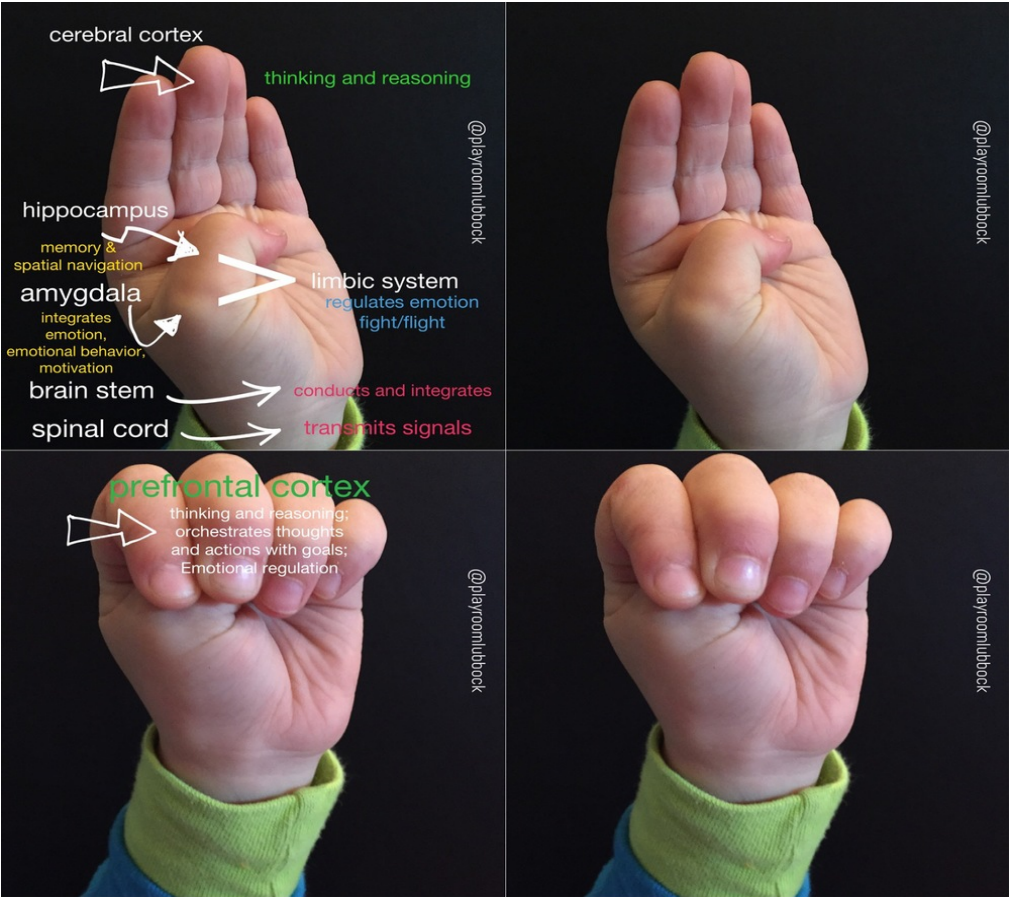
Neuroscience of challenging behaviors



Neuroscience of challenging behaviors



Neuroscience of challenging behaviors



Mindfulness: Put out the fire in your brain and theirs!



Secure Attachment

Learning

Attachment



Exploration



Forms of Challenging Behaviors

Power

Revenge

Inadequacy

Attention



Function of Challenging Behaviors

Connection

Count

Capable

Courageous



Betty Lou Bettner. *Raising Kids Who Can.*

Goals

- Stop the behavior and reestablish positive behavior as quickly as possible.
- Maintain children's dignity.
- Develop children's self-control and self-regulation skills.
- Help children recognize and fix any harm caused by their mistakes.
- Demonstrate that rules help create a safe place.

How? Go to the Trunk!

- Soothe: Put out the fire in the brain
- Seen: Empathize and acknowledge
- Safe: Physically and emotionally
- Secure: Be there!





mindful movement and breathing for young children

- Centering
- Yoga Snacks
- Yoga Games



mindful experiences for infants and toddlers

- What is developmentally appropriate?
- Co-regulation
- Creating an environment for regulation
- Being present
- Sensory experiences and exploration
- Noticing and validating emotions

- We are people too!
- When kids meltdown, my brain is on fire too!
- Humans are biased.





care for the caregiver

- Why is self-care important?
- What do you do to care for yourself?
- What else can you do?
- Mindfulness as self-care
- Who supports you?





mindful movement and breathing for you

- Be Calm to Model Calm





Personal *Reaction*

is not your

Professional *Action*



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