



## Lunch and Learn: Positive Behavior Solutions for Families

Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from March 9 – May 25, 2021

This six series parent training will provide information for families on how to promote children's social and emotional skills, understand their problem behavior, and use positive approaches to help children learn appropriate behavior. The trainings are designed to give parents key strategies that may be used with all children under 5 years old. (Sessions are not designed to offer parents specific advice for their child's individual issues).

In the last session, parents will be offered a routine guide that offers advice for supporting their children across common family routines.

Topics will include:

**Making Connections** – Relationships, Quality Time, and Encouragement

**Making It Happen** – Play, Friendships and Positive Behavior

**Why Do They Do What They Do?** – Behavior, Expectations and Rules

**Teach Me What to Do** – Emotional Vocabulary, Anger and Disappointment, Problem Solving

**Facing the Challenge Part 1** – Strategies to Promote Positive Behavior

**Facing the Challenge Part 2** – Challenging Behavior and Everyday Routines

**March 9th & 23rd**  
**April 13th & 27th**  
**May 11th & 25<sup>th</sup>**  
**12:00 pm - 1:00 pm**

[Click Here to Register](#)

**Questions?** Email: [csn@wihd.org](mailto:csn@wihd.org)

The Community Support Network (CSN) at Westchester Institute for Human Development is the Hudson Valley's resource for individuals with disabilities, their families, and the professionals supporting them. The CSN operates Family and Community Engagement (FACE) Centers for the NYSED OSE Partnership. Our experts are knowledgeable about all of the disability systems serving individuals with disabilities across the lifespan and are available to help YOU.

We provide resources, training, direct services, and support and guidance to families, schools, agencies, and individuals themselves on disability related issues and topics.

See our monthly calendar of events at: [www.wihd.org/events](http://www.wihd.org/events)