



## Resources for Families and Caregivers

The following resources support families and caregivers with tools and strategies to address common behavior of young children while supporting their social and emotional development. You can find more referral and agency supports in our community resources link.

### Addressing Behavior

Whining

[Backpack Connection: How to Help Your Child Stop Whining \(challengingbehavior.org\)](https://challengingbehavior.org/backpack-connection/how-to-help-your-child-stop-whining)

Understanding the Meaning of Challenging Behavior

[Backpack Connection Series: How to Understand the Meaning of Your Child's Challenging Behavior](https://challengingbehavior.org/backpack-connection-series/how-to-understand-the-meaning-of-your-childs-challenging-behavior)

Teaching New Skills and Expectations

[Backpack Connection: How to Use Social Stories to Teach Your Child New Skills and Expectations \(challengingbehavior.org\)](https://challengingbehavior.org/backpack-connection/how-to-use-social-stories-to-teach-your-child-new-skills-and-expectations)

How to Use Social Stories

[Backpack Connection: How to Use Social Stories to Teach Your Child New Skills and Expectations \(challengingbehavior.org\)](https://challengingbehavior.org/backpack-connection/how-to-use-social-stories-to-teach-your-child-new-skills-and-expectations)

How to Help Avoid Meltdowns

[Backpack Connection: Teachable Moments: How to Help Your Child Avoid Meltdowns \(challengingbehavior.org\)](https://challengingbehavior.org/backpack-connection/teachable-moments-how-to-help-your-child-avoid-meltdowns)

Biting

[Backpack Connection: How to help your child stop biting \(challengingbehavior.org\)](https://challengingbehavior.org/backpack-connection/how-to-help-your-child-stop-biting)

Biting Social Story:

<file:///U:/Pyramid%20Model/Social%20Stories/Biting%20Social%20Story%20and%20One%20Page%20Visual.pdf>

How to Give Clear Directions

[Backpack Connection: How to give clear directions \(challengingbehavior.org\)](https://challengingbehavior.org/backpack-connection/how-to-give-clear-directions)

Hitting and Pushing

[Backpack Connection: How to Help Your Child Stop Hitting and Pushing \(challengingbehavior.org\)](https://challengingbehavior.org/backpack-connection/how-to-help-your-child-stop-hitting-and-pushing)

### Child Development

CDC developmental milestones:

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

[Act Early Wisconsin](#)

[CDC Milestone Moments Tracker App](#)

[Developmental Monitoring and Screening](#)

Social Emotional development by age:

[https://agesandstages.com/wp-content/uploads/2021/05/ASQSE2-Social-Emotional-Development-Guides.pdf?j=5673318&sfmc\\_sub=1334912000&l=178\\_HTML&u=119729930&mid=7004326&jb=75&utm\\_medium=email&utm\\_source=exacttarget&utm\\_campaign=03212024-asq-send-squires-news-subscribers](https://agesandstages.com/wp-content/uploads/2021/05/ASQSE2-Social-Emotional-Development-Guides.pdf?j=5673318&sfmc_sub=1334912000&l=178_HTML&u=119729930&mid=7004326&jb=75&utm_medium=email&utm_source=exacttarget&utm_campaign=03212024-asq-send-squires-news-subscribers)

Ages and Stages Questionnaire 3 and SE: Take the developmental screener online here

<https://cdi.211ct.org/program/ages-and-stages/>

## **Temperament**

Toddler Temperament Tool (18-36 months)

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/it3-toddler-interactive-tool>

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/it3-toddler-eng.pdf>

Infant Temperament Too (birth to 18 months)

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/it3-infant-interactive-tool>

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/it3-infant-eng.pdf>

## **Calming Big Feelings**

Feelings Thermometer (Office of Children's Mental Health)

<https://children.wi.gov/Documents/FeelingsThermometer/Help%20Parents%20Calm%20Children%20-%20Tips.pdf>

[Backpack Connection: How to Plan Activities to Reduce Challenging Behavior](#)

Teaching the Turtle Technique at home

[https://challengingbehavior.org/docs/TuckerTurtle\\_Story\\_Home.pdf](https://challengingbehavior.org/docs/TuckerTurtle_Story_Home.pdf)

## **Problem-Solving**

Problem Solving Scripted Story

[https://challengingbehavior.org/docs/ProblemSolving\\_Story\\_Home\\_EN.pdf](https://challengingbehavior.org/docs/ProblemSolving_Story_Home_EN.pdf)

Taking Turns

[Backpack Connection Social Turns \(challengingbehavior.org\)](#)

Trading

[Backpack Connection Social Trading \(challengingbehavior.org\)](#)

Sharing

[Backpack Connection Social Share \(challengingbehavior.org\)](http://challengingbehavior.org)

Managing Time and Understanding Expectations

[Backpack Connection Social Time \(challengingbehavior.org\)](http://challengingbehavior.org)

Appropriately Getting Your Attention

[Backpack Connection Social Attention \(challengingbehavior.org\)](http://challengingbehavior.org)

### **Supporting Routines and Schedules**

Using a visual schedule at home

[How to Use Visual Schedules to Help Your Child Understand Expectations \(challengingbehavior.org\)](http://challengingbehavior.org)

Successful Mornings

[How to Help Your Child Have a Successful Morning \(challengingbehavior.org\)](http://challengingbehavior.org)

Successful Bedtimes

[How to Help Your Child Have a Successful Bedtime \(challengingbehavior.org\)](http://challengingbehavior.org)

Transitions

[How to Help Your Child Transition Smoothly Between Places and Activities \(challengingbehavior.org\)](http://challengingbehavior.org)

### **Scripted Stories to Read at Home**

A New Baby at Home

<file:///U:/Pyramid%20Model/Social%20Stories/BabyAtHomeBigSister.pdf>

Biting Social Story

<file:///U:/Pyramid%20Model/Social%20Stories/Biting%20Social%20Story%20and%20One%20Page%20Visual.pdf>

Cleaning Up My Toys

[https://challengingbehavior.org/docs/ScriptedStory\\_CleanUp.pdf](https://challengingbehavior.org/docs/ScriptedStory_CleanUp.pdf)

Going Potty

<file:///U:/Pyramid%20Model/Social%20Stories/GoingPottySocialStory.pdf>

I Go to Preschool

[https://challengingbehavior.org/docs/ScriptedStory\\_I-go-to-preschool\\_car.pdf](https://challengingbehavior.org/docs/ScriptedStory_I-go-to-preschool_car.pdf)

Problem Solving Scripted Story

[https://challengingbehavior.org/docs/ProblemSolving\\_Story\\_Home\\_EN.pdf](https://challengingbehavior.org/docs/ProblemSolving_Story_Home_EN.pdf)

Teaching the Turtle Technique

[https://challengingbehavior.org/docs/TuckerTurtle\\_Story\\_Home.pdf](https://challengingbehavior.org/docs/TuckerTurtle_Story_Home.pdf)

**If you have questions or concerns about a child's development (physical, social-emotional, or cognitive) please feel free to browse the community resources to learn more about agency and/or other resource supports.**