

LEARNING EXTENSIONS: HOW TO USE THE TUTORIAL & QUESTIONS FOR TEAM TRAINING

To support programs in meeting professional development needs, we've designed a tutorial and group discussion questions so that you can easily facilitate your own **Responding to Children's Fear** team training. Team training based on the tutorial and Questions for Personal Reflection and Group Discussion will create an opportunity for your team to:

- collaborate and learn together
- discuss issues that are specific to your site
- share ideas, expertise and challenges
- build supportive team relationships
- solve-problems

To develop effective training for your team, we suggest that you (the facilitator):

- preview the tutorial and list the questions
- select questions that are most helpful to your team
- decide how long the training will be and determine the format
- determine how you will introduce the questions and how long you will spend on each question
- think about how you will encourage participants to follow through with ideas and suggestions at the end of the training.

It might be helpful to schedule a follow-up meeting to discuss how the ideas and strategies are working in the program. Enjoy your training and let us know how it goes!



GROUP DISCUSSION QUESTIONS

1. Think about a time when you have been frightened or scared. Who/what made you feel better? What did they say or do?
2. List and reflect on 5 different strategies you have used in the past when responding to children's fears.
 - a. Are these strategies effective?
 - b. Which strategies help to acknowledge children's feelings and make children feel heard?
 - c. Which strategies may belittle a child's fear?
 - d. Which strategies seem to genuinely reassure and support the children?
 - e. Which strategies just distract and redirect the children's attention?
3. As a team, discuss ideas for how you can avoid the urge to just jump in with suggestions, reassurance and redirection when a child expresses fear.
4. Reflect on and discuss what happens when we try to stop and listen more? Why is it hard to do? What might make it easier?
5. Practice with role-playing! Break into pairs and take turns being the child and educator. Act out some of the following different scenarios and practice responding to a child when they are afraid.
 - a. A child who is afraid of a thunderstorm.
 - b. A child who doesn't want his/her parent to go to class.
 - c. A child who is scared of a bug.
 - d. A child who is scared of getting dirty.
6. Together, list three key points from this tutorial and team training that you would like to do in your program in the future.

