

“How to Learn *Before* What to Learn!”



“I enjoyed reading your books on Henry. Nicely written. I love the incorporation of cognitive behavioral skills strategies into the story to help in coping with feelings and to launch to more success. Nicely done.”-Russell A. Barkley, Ph.D. Clinical Professor of Psychiatry



Learning to Launch Educational Programs:

The academic, behavioral and social-emotional challenges school administrators and educators face within our student populations seem greater than ever. Child Behavior Consulting promotes the development of teaching the “how to learn” skills needed by students who struggle learning, parents who are overwhelmed, and teachers who are pressed for time. Each of my programs incorporate learning solutions such as self-talk and visualization combined with many others based on research-driven, evidence-based strategies that were developed with students for students.



Seminar and Professional Development Highlights for Educators:

- Reduce distractions
- Understand cognitive skills and practicality of social-emotional learning
- Learn from real classroom footage as students learn and apply these skills
- Equipped to model and explicitly teach these powerful readiness skills

Assembly and Author Visits Highlights for Students:

- Acquire, access and apply information taught with confidence
- Learn to manage their own perceptions and behaviors
- Improve academic, behavioral and social-emotional skills and increase time on-task

Workshop and Service Highlights for Parents:

- Positively manage challenging behaviors
- Understand conditions that impact academic, behavior and social-emotional growth
- Learn easy, practical strategies to support self-regulation skills

Recommended Sequence of Services:

(each available separately)

- 1- Seminar: Empower Students with the “How to” Learn Skills *before* the “What to” Learn Skills
- 2- School Assembly
- 3- Author visits to classrooms for book reading and project
- 4- In-class teacher consultation
- 5- Parent workshops



Seminar (5 hours)

Ground breaking seminar giving educators the information and strategies needed to gain that “ah ha” moment sparking the solutions necessary for students to overcome challenges!

- Empower Students with the “How To” Learn Skills before the “What to” Learn Skills

Students who struggle learning benefit from explicit instruction in how to acquire, access and apply information taught with confidence. When students are unable to engage in strategic learning, they risk believing that assignments and situations are too challenging to attempt or to overcome. Educators learn strategic interventions to teach students to overcome challenges!

Professional Development (3 hours)

These PD workshops provides hands-on learning of cognitive skills, strategies and interventions that are ready for immediate implementation without disruption to the daily routine!

- Teaching Students to Think Strategically Through Perception, Visualization and Self-Talk
- The Power of “I Can and I Will!” - Empowerment Through Self-Talk and Teacher Praise
- Help Focus Me: I Can’t Do It Alone (ADHD)



Author Visits (45-60 mins)

Author visits include a reading of the selected children’s book followed by interactive activities and a take home project. Students learn through stories that were written with the author’s real students and actual teacher assistant whose character is the teacher. A power point presentation supports the visuals, videos and learning process.

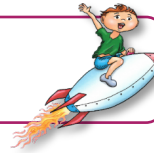
In-Class Consultation (45-60 mins)

The trainer supports the teacher during a lesson to incorporate the skills and strategies learned during the seminar/PD and author visit.

Parent Workshops (60 mins)

- Connecting with Kids Through the Power of Perception
- Helping Kids Find Success Through Positive Self-Talk

Assemblies



Child Behavior Consulting makes learning fun! We focus the unfocused, motivate the unmotivated and challenge the critical thinker! Assemblies are specially designed for grades K-5 with options for K-5, K-2 and 3-5 audiences. A variety and number of opportunities for audience participation are built in each assembly to keep kids and adults engaged and involved. Choose from these TWO topics to focus the theme of your school's Wellness Week, "Kickoff" to Programs, PARP, Self-Esteem, SEL Programs or simply encourage your students to think about their potential while providing them with take-aways such as a foundation of knowledge and ready to use practical strategies that support Active Listening, Empathy, Strategies in How to Focus and Think Positively, Teamwork, Confidence, Self-Concept, Skills in Overcoming Challenges etc.



Testimonial:

It is with pleasure that I write this letter of recommendation for Ms. Lisa Navarra. In March of 2019 Ms. Navarra was enlisted to provide an assembly for our K-2 students (approximately 150 students and 15 staff members). The assembly was a part of our Wellness Week sponsored by our Site Based Management Team. The assembly was focused on teaching students about effective listening strategies and how to help fellow classmates who may struggle with effective listening. During the assembly Ms. Navarra read one of her published texts to the audience. She supported the read-aloud with visual slides of the text. Students were engaged throughout the presentation and the message resonated with our intended goals.

The presentation given by Ms. Navarra was well received by students and staff. I would recommend Ms. Navarra as a valuable resource for such educational presentations.

Sincerely,

Hancy Piceford



Assistant Principal, Nassakeag Elementary School

Author Visits

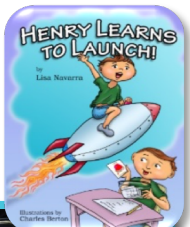
Book #1: Grades K-5, 45-60m min

Henry Learns to Launch!

Program Objectives: Learning to focus, positive choices, using strategies, accessing knowledge

About the Book: Henry was always getting in trouble and feeling bad about himself. He felt like his body was a race car and his brain was the engine. He couldn't focus and stay calm until he met his teacher Ms. Rivelli. Through the use of her powerful learning tools, Henry learns how to self-regulate his thoughts, feelings and actions. See how Henry gains independence to make positive academic and behavioral choices and launches through the learning process.

Creative Arts Activity: The students will familiarize themselves with the reproducible "I Am Great" chant found as a resource in the back of the book. They will discuss how they can start a task and launch right through it until it is complete. Each child will make a pop-up book to design and express how they too can launch through challenges!



Book # 2: Grades 1-5, 45-60 min

Henry's Thoughts

Program Objectives: Confidence, self-concept, self-talk as a power tool, overcoming challenges

About the Book: "I think the books are going to be hard for me and the other kids will be better readers than me," tells a very worried 2nd grader to his new teacher. With the help of Henry's teacher, Ms. Rivelli and his classmates, he learns the difference between negative and positive self-talk. Henry embraces the skill of using positive self-talk as a tool and it helps him confidently use his reading strategies to read a new and previously perceived challenging book!



Creative Arts Activity: The students will create and design a positive self-talk keepsake box. They will write a negative thought on the outside and a positive thought inside the box with pictures unique to their own thoughts and feelings. This project is a reminder to each student that their thoughts can be used to empower themselves and those around them. Mindfulness and an abundance of visuals are included.

"The daunting task of reading and the negative self-talk that perpetuates fears are ripe for intervention and the antidote is in this publication". Joseph S. Volpe, Ph.D. Clinical and School Psychologist

Book # 3: Grades K-5, 45-60 min

Henry Helps a Friend

Program Objectives: Empathy, self-confidence, differences, focus active listening

About the Book: When a new student joins Henry's class, he reminisces about the days when he was the kid who was always getting in trouble in school and at home. When his teacher, Ms. Rivelli asks him to teach her the ropes around the class, Henry is nervous. When he meets Maria, he is reminded of how he had learned to focus and ignore distractions. Henry quickly musters up the confidence to help her as she robustly enters and disrupts the class. Readers will find themselves laughing and learning through this funny and whimsical story as Maria practices to control her impulsivity, anxiousness and distractibility.



Creative Arts Activity: As a class, the students will identify scenes/illustrations from the Henry Tools Book Series and identify if the students are listening to one another and the teacher. They will then cut and paste the leaves to be placed on the Caring Tree. These individual trees and leaves can be taken home or displayed in the classroom. The students will also play the "Caring Tree Game" which allows them to gain the attention of their peers in a group setting and for everyone to practice listening to one another.

Parent Workshops



Connecting with Kids Through the Power of Perception

Many children easily apply the cognitive skills necessary to be successful academically, behaviorally and social-emotionally. However, many children who struggle learning need to be taught explicitly how to acquire, access and apply information taught with confidence. When children are unable to engage in strategic learning, they risk believing that assignments and social situations are too challenging to attempt or to overcome. Their perception can influence their belief system to the degree that it becomes their reality. Children's performance and self-concept benefits from identifying that they can manage their own perceptions, improve their academic, behavioral and social-emotional skills. Participants will learn to identify, model, and teach the cognitive skills of managing one's own perception. When used by children and their parents, these skills become life-long strategies to build deep connections and resiliency during challenging times. This 1-hour collaborative workshop will help adults and children learn the impact and influence that perception has on their child at home and in school. In support of remembering different perceptions, children and adults will make a simple take home project. (Elementary aged children)

Helping Kids Find Success Through Positive Self-Talk

Many kids compare themselves to others and give up before trying to tackle a challenge. When kids struggle learning they often tell themselves, "I can't do it," "It's too hard for me," or "The other kids are better than me." This struggle can be very sad for parents to see leaving them feeling helpless. This workshop helps parents understand the importance of self-talk as it has a direct impact on academic, behavioral and social and emotional development.

Parents will learn to identify their own negative thoughts and replace them with positive thoughts. This workshop incorporates information to raise awareness, fun collaborative activities, real-life videos from kids demonstrating how they use positive self-talk and ultimately the skills needed to teach their own children the skill of thinking positively so they can make positive choices even during challenging times. Activities and resources will be made available for immediate use with kids. Watch kids engage in the skills that it takes to become successful and to believe in themselves!

Individual Parent and Child



Child Behavior
Consulting, LLC

Helping Children Be The
Very Best They Can Be!

- Child Behavioral Consulting provides the foundation of understanding the challenges children face related to learning, behavior, and social emotional development.
- Specializing in executive function delays, ADHD, ODD, ASD, self-regulation, learning disabilities, and strong spirited children.
- We work with families and children to teach the skills in "how to learn" and how to positively manage challenging behaviors.



Setting Limits



Self-Regulation



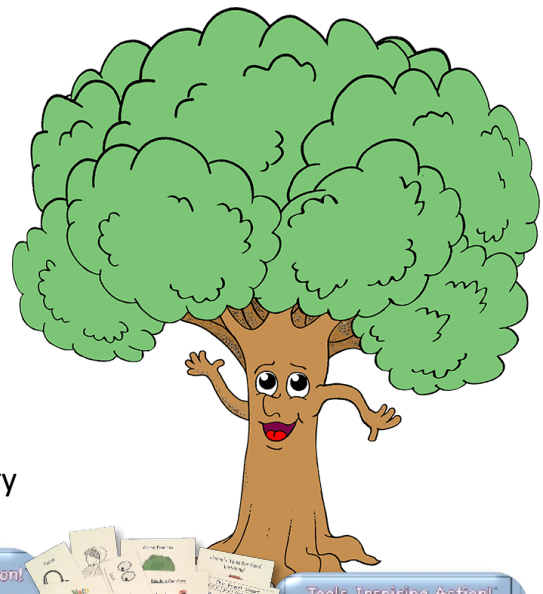
Bonding



Communication

Tools Inspiring Action!™

Unique to our program are the Tools Inspiring Action!™ frameworks (for the classroom K-3, preschool, home and transportation), music, Caring Tree® poster (active listening) and additional teacher resources. These researched-driven, evidence-based tools and resources are designed to promote self-regulation and confidence. When these tools are put in hands of students, research has shown improved executive functioning skills, visual and auditory attention, memory and processing skills.



Call for more information today and let us know how we can help you!

"Building Skills from the Inside Out to let the Outside In."