Resources for Helping Adults With Child Behaviors That Are Challenging September 2026

Zero Positive Outcomes from Harsh Discipline Says Recent Report
Harsh punishment and exclusionary discipline of young children has "zero positive outcomes" and can contribute to negative, long-term impacts like lower academic achievement and reduced likelihood of graduating from high school, according to a new report from The Children's Equity Project at Arizona State University. Read more at **'Zero positive outcomes' from harsh preschool discipline, report says | K-12 Dive**

Teaching Preschool Students How to Navigate Conflicts
Preschool disputes can quickly disrupt classroom play and learning. In this article, a veteran teacher argues that simply settling disagreements often ignores emotions and leads to repeat conflicts. She suggests treating conflict as curriculum and hints at a child-led mediation approach. **Preschool Conflict Resolution: A Teaching Framework | Edutopia**

The Many Factors that Shape Self-Regulation in Children
Why are some kids easily able to keep listening to a teacher when their friends are chatting, refrain from blurting out an answer or get started on their homework instead of playing? The ability to pay attention, manage impulses and to intentionally start a behavior are all examples of self-regulation. **The many factors that shape self-regulation in children | ASU News**

Families Ask Me: What Do I Do When. . .? Here's a Great Source!
The Positive Solutions Family Routine Guide is used by parents and caregivers of children ages 2-5 years in developing an intervention plan for children who are using challenging behavior. It gives suggestions for prevent, teach, and response strategies, organized by the function of the challenging behavior, within common family activities and routines. The *Guide* and other resources from the National Center for Pyramid Model Innovations are available on their **website** of evidence-based practices and ideas for supporting the social and emotional development of each and every young child and family.
Positive Solutions for Families: Family Routine Guide - National Center for Pyramid Model Innovations
Positive Solutions for Families: Family Routine Guide (Spanish) - National Center for Pyramid Model Innovations

Fabulous Resources From AFIRM
The Autism Focused Intervention Resources & Modules (AFIRM) website offers free online learning modules for educators and related service providers, helping them identify, plan for, use, and monitor evidence-based practices (EBPs) for working with autistic and other learners from birth to 22. Sample topics are **Visual Supports** (using visual displays such as schedules and cue cards can help learners engage in desired behaviors) and **Antecedent-Based Interventions (ABI)** (practices for arranging the environment and activities ahead of time to increase positive behavior and reduce difficulties). While the intended audience for these resources is individuals who work with children with autism and their families, the impact from educators who use these thoughtful resources can support each and every child. **Modules are available in multiple languages. AFIRM**

Natural Resources is a free, one-way listserv that is distributed monthly. Each issue features readily available and free resources on a specific topic related to children from birth through age 8 and their families. Resources available in Spanish are highlighted. Natural Resources is compiled and distributed by Camille Catlett. Past issues are archived at **Natural Resources - Google Drive** To subscribe or unsubscribe, suggest resources, or get more information, please contact Camille Catlett at **camille.catlett@unc.edu**

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