



# **Beyond Behavior Management: The Six Life Skills Children Need to Thrive in Today's World**

*Jenna Bilmes*

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Why do kids do the things they do? What can teachers do to manage it all?

The truth is that there isn't a simple 1-2-3 method for understanding and managing *all* behaviors or *all* children. There is, however, a way to give young children the tools needed to grow and thrive on their own.

Developed and tested in the classroom, *Beyond Behavior Management* is a strength-based approach to guiding and managing young children's behavior by helping them build and use essential life skills. Eight chapters seamlessly blend six social and emotional skills into the daily life of the early childhood classroom to help children exhibit more prosocial behaviors, work better as a community, and become excited and active learners. Life skills include the following:

Attachment—"I have a grown-up who cherishes me and keeps me safe."

Affiliation—"I am a part of the group, not apart from the group."

Self-regulation—"I can manage my emotions and am in control of my behaviors."

Problem solving—"I can solve problems and resolve conflicts."

Initiative—"I am growing and changing and learning new things."

Celebration of self and others—"I have unique qualities to contribute, and so do you."

Appendices include reflective questions and charts, as well as scripts for interacting with children and adults.

Perfect for today's diverse classroom, *Beyond Behavior Management* is a helpful and inclusive resource for any preschool–K teacher searching for a way to make the classroom a comfortable place for every child to learn and grow!

**Jenna Bilmes** works as a mental health specialist with Southwest Human Development Center. As a consultant for the U.S. Department of Defense Dependent Schools and Sonoma State University, she develops teacher manuals for social and emotional education. Ms. Bilmes lives in Tempe, Arizona.

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