

PEP Early Childhood Plus

Community-Based Consultation Services

PEP Early Childhood Plus Community-Based Consultation Services provide support to parents and caregivers looking for help managing their young child's challenging behaviors.

Two types of services are available for children from birth to six years:

Short-Term Community-Based Consultation and Intensive Parenting Support Service.

Short Term Community-Based Consultation Service

(1-5 home visits as needed)

- Assessment of your child's social, emotional and behavioral needs
- Linkage and referral to community resources or services your child may need to support his or her social and emotional development
- Support in connecting and following through with any of the above services
- Parenting strategies to address specific behavioral problems

Intensive Parenting Support Service

(number of visits to be determined)

At any point during the short-term consultation visits, parents can choose to participate in the Intensive Parenting Support Service.

Intensive Parenting Support is a sequential skill-building program for parents and caregivers. Using the Seven Skills of the evidence-based Conscious Discipline® program, consultants teach emotional intelligence skills to the parent first and the child second.

The PEP consultant will present a lesson each week, teaching and demonstrating the skill. Parents and children will practice the new skill with coaching from the consultant. The consultant and parent work together to determine the pace of the program based on the needs of the parent and child.

Funded by Cuyahoga County's Invest in Children and the ADAMHS Board of Cuyahoga County



The Foundation and Seven Skills of Conscious Discipline®

Becoming Brain Smart

Understanding the relationship between the brain and behavior

Composure

Being able to go from an upset state to a calm state

Encouragement

Building the family unit by noticing and encouraging positive and kind behavior

Assertiveness

Saying "No" and being heard by setting limits respectfully

Choices

Building our own and our children's self esteem by recognizing the choices we have and making positive choices

Empathy

Being able to tolerate the fussing and fits to teach ourselves and our children to manage their emotions

Positive Intent

Seeing the best in others to create teaching moments with oppositional, shut down, and aggressive children

Consequences

Learning from our mistakes and helping children to become responsible by learning from their mistakes

For more information contact **Lauren Woods** at **216-361-4400 ext.147** or talk to the PEP consultant at your child's child care center or preschool.