

The Pyramid Model is a public health, evidenced-based, tiered framework that promotes young children's social and emotional competencies and prevents challenging behaviors.

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## **Parent-Child “Pajama” Series**

**Free for Parents (Grandparents & Caregivers) of Rush-Henrietta Preschoolers**

**Led by: Ellen Leopold, NYS Pyramid Model Master Cadre Trainer & Coach  
Social, Emotional and Behavioral Health Consultant, Children's Institute**

**6:30-7:45pm Wednesdays Jan. 8, 15, 22, 29 & Feb. 5, 12**

**Good Shepherd School, 3288 E. Henrietta Rd., Henrietta, NY 14467**

**(childcare and refreshments provided)**

**[To enroll, contact: dmarshall@rhnet.org](mailto:dmarshall@rhnet.org)**

**First hour, connect with your adult peers (while the kids play) to discuss:**

### ***Making a Connection!***

- ✓ Intro to social and emotional development for young children

### ***Making it Happen!***

- ✓ The importance of play & developing friendship skills

### ***Why Do Children Do What They Do?***

- ✓ Tools to understand the “meaning” of young children's behaviors
- ✓ Communicating expectations, and developing household rules

### ***Teach Me What to Do***

- ✓ Developing children's emotional vocabularies
- ✓ Supporting children in calming down and problem solving

### ***Address Challenging Behaviors***

- ✓ Strategies to promote positive child behaviors in the home and community

**Then, parents and kids will get together for a fun closing activity addressing:**

- ❖ ***What do friends do?***
- ❖ ***Learning about feelings***
- ❖ ***Calming down***
- ❖ ***Sharing and taking turns***
- ❖ ***Understanding “okay” versus “not okay” behaviors***

***Strengthening relationships and environments so that every child feels valued, confident and competent.***