



**Riverside University**  
HEALTH SYSTEM  
Behavioral Health

# Incredible Beginnings Workshops

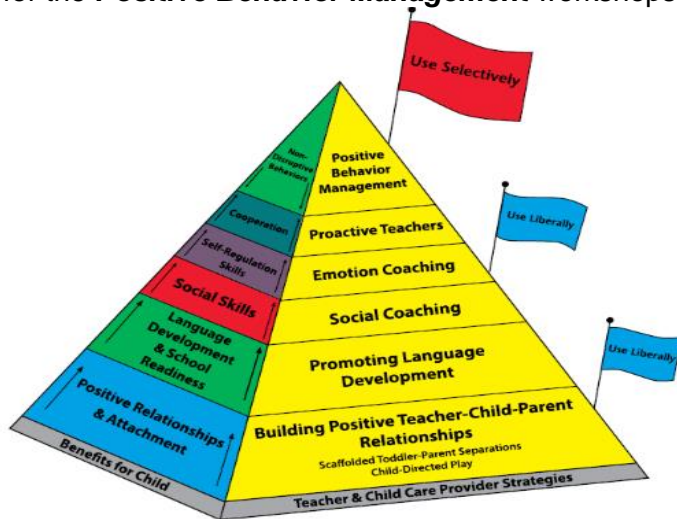
Based on the Incredible Years Program and Facilitated by Diana Griffis, LMFT

Selected Thursdays 6:00-7:15 pm

Request the Link at [DGriffis@ruhealth.org](mailto:DGriffis@ruhealth.org)

In this evidenced based program, early childhood providers and teachers (ages 1-5) are meeting together to discuss and share ways to provide an environment that supports children's optimal early development (ages 1-5 years). Teaching methods discussed include using social and emotion coaching, nurturing child-directed play interactions using narrated descriptive commenting, proactive teaching with predictable routines and consistent positive behavior management strategies. All these approaches rely on building positive relationships with children using sensitive and responsive approaches. \*This program includes 11 seventy-five-minute (75) workshops. Attendance for all workshops is not required by highly recommended.

\* The **Proactive Teacher** workshop is a prerequisite for the **Positive Behavior Management** workshops



Teaching Pyramid for Toddlers & Preschoolers

#1  
Oct 15

Building Positive Relationships:  
Toddlers & Managing Separation Anxiety

#2  
Oct 29

Building Positive Relationships:  
Toddler Directed Play

#3  
Nov 19

Promoting Language Development in  
Toddlers

#4  
Dec 3

Promoting Language Development in  
Preschoolers

#5  
Dec 17

Social Coaching with Toddlers

#6  
Jan 14

Social Coaching with Preschoolers

#7  
Feb 18

Emotion Coaching with Toddlers

#8  
Mar 18

Emotion Coaching with Preschoolers

#9  
Apr 5

\*Proactive Teachers

#10  
May 20

\*Positive Limits and Proactive Behavior  
Management for Toddlers

#11  
June 17

\*Positive Behavior Management for  
Preschoolers

*The Growing Healthy Minds Initiative is provided in partnership with First 5 Riverside and the series of workshops are being provided at NO COST. Participants may include early care providers, educators, & community-based providers, who support the 0 to 5 population in Riverside County.*

*This course qualifies under the standards of AB2698- Mental Health Consultation.*

*Certificate of Attendance will be provided on request.*