

BRINGING 'PECE' TO EARLY LEARNING AND CARE

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FEATURES OF QUALITY IN EARLY CHILDHOOD EDUCATION

- Highly skilled staff
- Small class sizes
- High adult to child ratios
- Language-rich environment
- Age-appropriate curricula
- Stimulating materials
- Safe physical setting
- **Warm, responsive interactions**



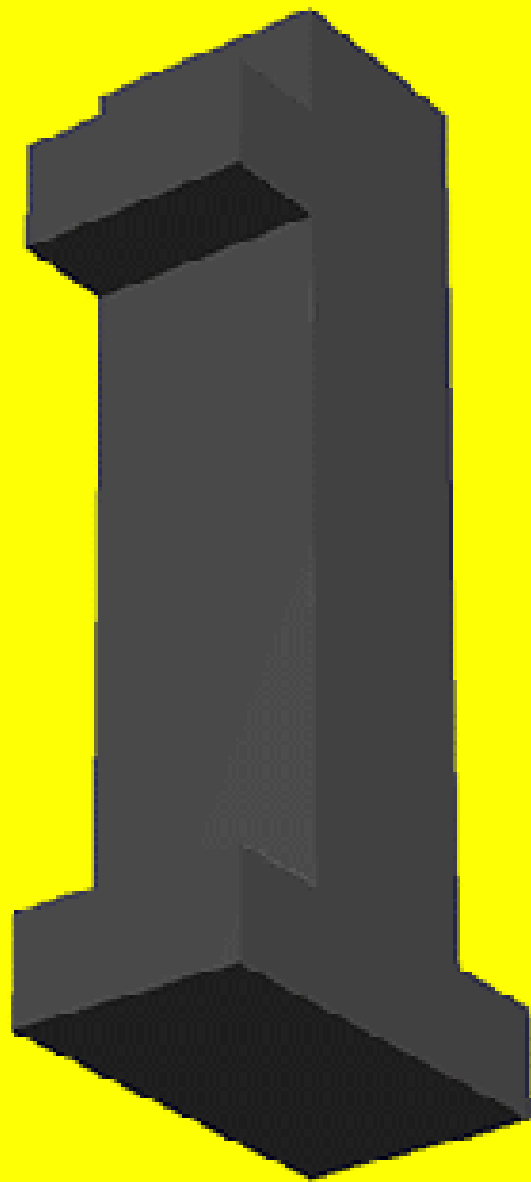




Educator-child relationship is KEY



(Friendly & Prentice, 2009; Graham et al., 2011; Hamre & Pianta, 2001; O'Connor, Dearing, & Collins, 2011)



Behaviour

A close-up photograph of a person's eye. The eye is light-colored, with a white sclera and a dark iris. The person's skin is fair and appears to be in the shade of their face. The lighting is soft and focused on the eye.

20%

A person with reddish hair, wearing a blue shirt, is holding a white, torn-edged piece of paper in front of their face. The word "Help!" is written in black, cursive-style handwriting on the paper. The background is a blurred green, suggesting an outdoor setting.

Help!

WHAT THAT MEANS...

100 children

20 will have
MH challenges

4 will receive
service

CONSIDER TORONTO...



Source: Statistics Canada Census 2011 used for population only – to illustrate prevalence

EDUCATORS REPORT...

→ Children with MH concerns are significantly more stressful to teach

→ Educators poorly equipped to consider emotional health in their practice.

→ conflict in balancing teaching roles and supporting mental health of children

→ may adopt authoritarian approaches in an attempt to over-control the children.



+ Early
Childhood
Education

=



Positive Early
Childhood Education
Program

Powered by Triple P

PECE KEY OBJECTIVES

Aims to increase educator competence and confidence in working with children by:

- Increasing positive educator-child interaction
- Promoting children's early learning and independence skills
- Encouraging educator's use of antecedent strategies to avoid problems and manage transitions
- Encouraging the use of effective discipline for problem behaviour

PECE LEARNING FORMAT

4 online modules each taking approximately 60 minutes to complete

- Educators receive individual log-in details
- Video clips used to present information and model strategies
- Interactive exercises and activities
- Customizable and printable personal workbook
- Encourages personal goal setting and self reflection

Followed by 2-4 coaching sessions with practitioner

PRINCIPLES OF POSITIVE CHILD CARE

Setting up a
safe, engaging
environment

Creating a
positive learning
environment

Teaching good
social skills and
behavior

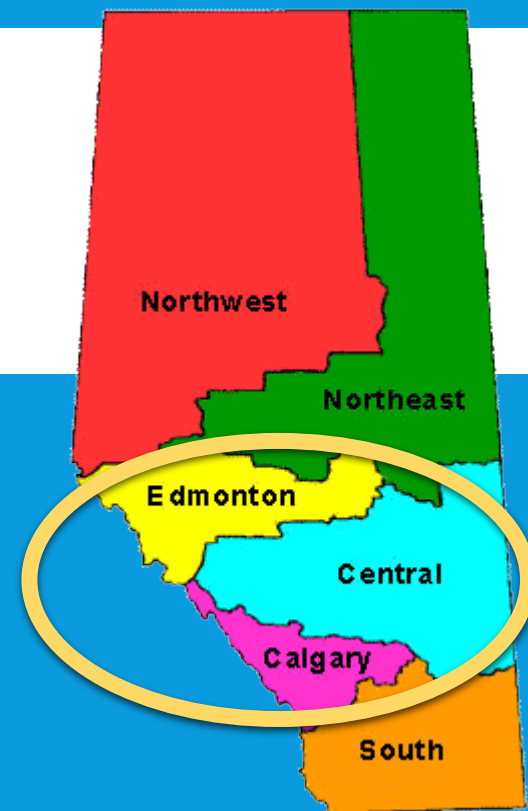
Having realistic
expectations

Taking care of
yourself

Working as a
team

INITIAL RCT

- 12 Child Care Centres
 - 17 Directors/Assistant Directors
 - 96 ECEs
 - 96 focus children
- ECE education varied; most ECE participants (85%) obtained at least Level 2 statuses
- ECE experience ranged from zero to 11+ years, experience specifically with the current age group also ranging from zero to 11+ years



CHILD BEHAVIOUR AND WORKPLACE SATISFACTION

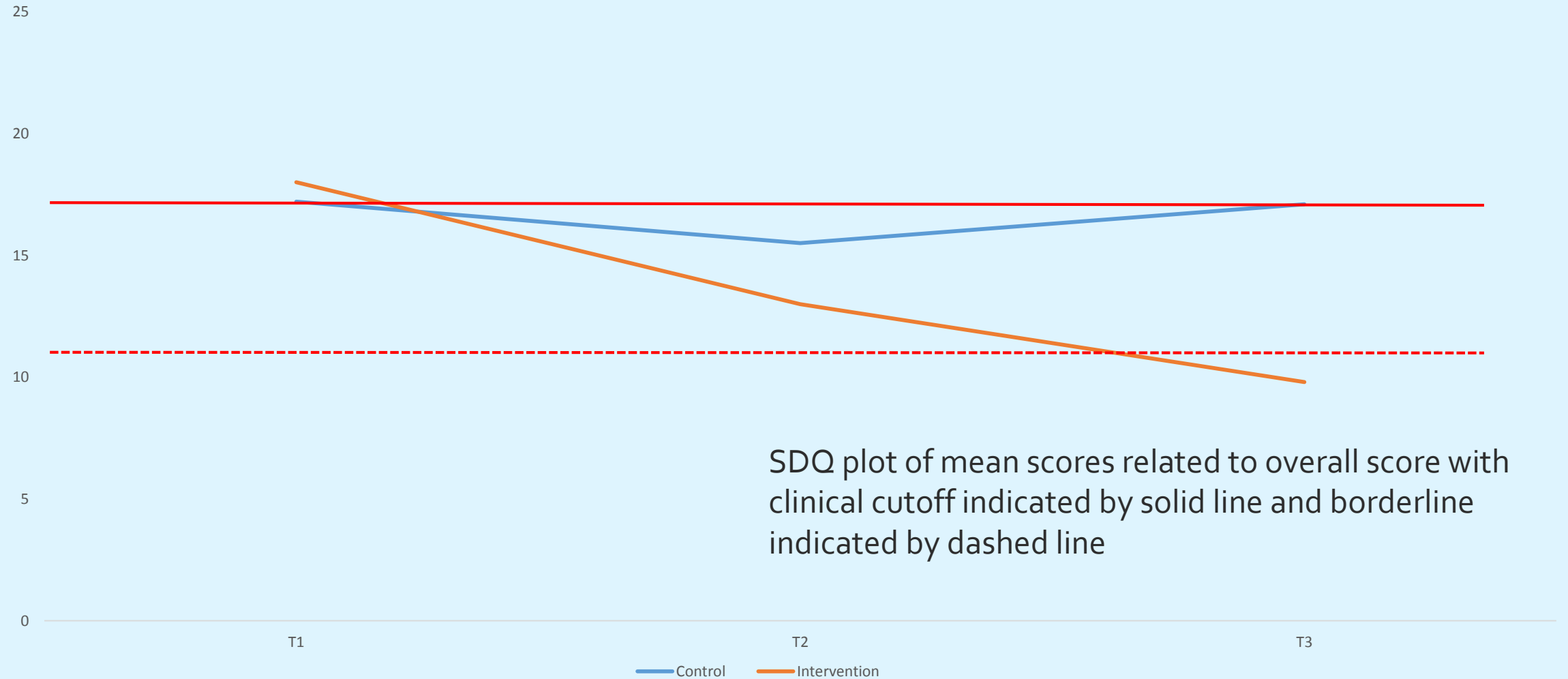
CONTROL

It's not just a select few. It's a lot of them starting to pick up the behaviours of others, so starting to get a little worse I think. Just 'cause more people are adapting to it because it's kind of like the whole, not kill or be killed but eat or be eaten type thing (Participant 112, T3)

INTERVENTION

[I was] stressed. And exhausted. Flustered for most of the day. I was just feeling '*Oh my god I want to go home!*' but now it's like, '*I can't wait to get to daycare to be with the kids today and see how they're doing*'. Definitely, I am so much happier (Participant 119, T3)

SDQ – TOTAL DIFFICULTIES



SDQ plot of mean scores related to overall score with clinical cutoff indicated by solid line and borderline indicated by dashed line



40%

Number of parents who wouldn't tell anyone – not even their family doctor – if they suspected their child was struggling with mental health

Mental Health Commission of Canada, 2018

“Children and youth are important because early intervention makes an enormous difference over a lifetime. More than 70% of adults living with mental illness say the onset occurred before they were 18 years old”

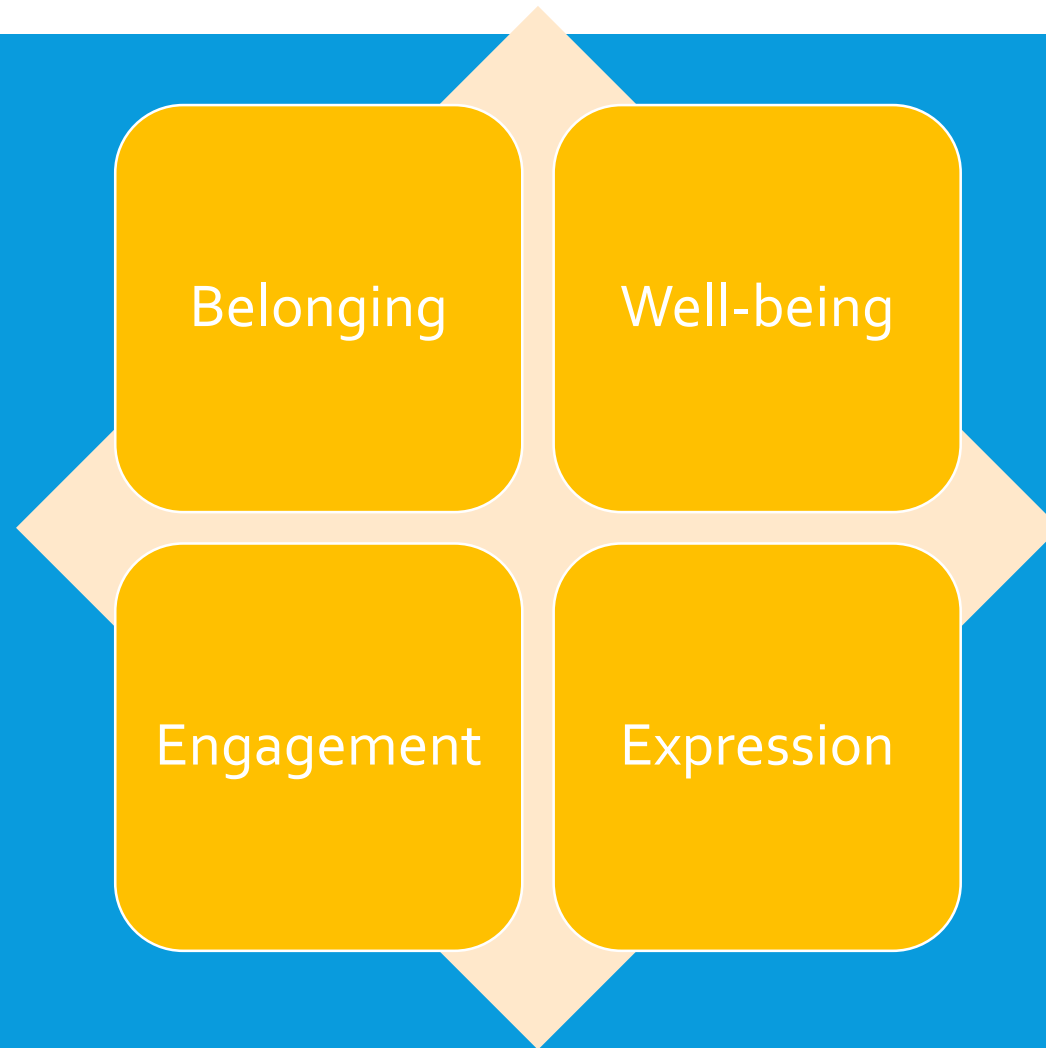
Mental Health Commission of Canada, 2009, p. 14

EFFICACY TRIAL IN CHINA

“In my experience it doesn't matter if you are using Montessori, high scope, traditional. What it all comes down to is the interactions and PECE gives the skills and strategies for that”



HOW DOES LEARNING HAPPEN AND PECE



“How Does Learning Happen tells educators *what* to do, PECE helps them to know *how* to do it”

~RECE, York Region

Thank you!



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