

Connect the Dots Information Sheet

Connect the Dots (CTD) is a training under the Kentucky Strengthening Families Initiative, which is a statewide program to improve healthy development and well-being of children, youth and families in their communities. CTD provides a common language and a common approach to addressing challenging behaviors in a way that builds strong social and emotional skills in young children. The four steps serve as an umbrella to organize targeted social and emotional supports for different audiences. This universal tool can be used in any setting serving families and children by teaching children how to recognize and express their emotions appropriately.

The four dots are:

1. **Ensure Supportive Environments:** Identify how a predictable schedule, organized routines and transitions, and age-appropriate physical environment improve a child's behavior.
2. **Encourage Positive Behaviors:** Use proven skills to help the child link positive behaviors to positive experiences and feelings.
3. **Emphasize Positive Discipline:** Demonstrate at least two positive discipline techniques that teach children how to handle their feelings and needs in appropriate ways.
4. **Embrace Unique Strengths:** Identify how unique temperaments and personality strengths have a critical impact on behavior and relationships.

