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The [Office of Head Start](http://www.acf.hhs.gov/programs/ohs) presents a four-part, online lesson titled “Digging Deeper: Looking Beyond Behavior to Discover Meaning.” The online lessons are designed to offer both individuals and direct service providers such as family child care providers, program specialists, program managers the opportunity to delve into the material to identify important factors that influence a child’s behavior and effective strategies to respond.

The online lessons are designed in easy-to-read, accessible language. Coupled with complete voice-over narration, written script, video examples of appropriate practices, and reflective questions, the online lessons may be used by managers, coordinators, and trainers in a coaching environment or in a group training event.

[Lesson 1: Watch](https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/comp/mental-health/digging-deeper/lesson1_eng/index.html)

Understanding a child’s behavior is not easy. Lesson 1 helps you recognize how hard understanding behavior can be. The steps in the Responsive Process are discussed and the first step of the process, "Watch", is explained. A short video clip of a toddler (Katie) arriving at an Early Head Start Program offers an opportunity to practice the “Watch” skills.

[Lesson 2: Ask ‘I Wonder Questions’](https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/comp/mental-health/digging-deeper/Lesson2_eng/index.html)

Lesson 2 helps you make sense of the many meanings of a behavior. Four key factors that affect behavior are explored using the “I Wonder” strategy for asking questions. You can practice developing “I Wonder” questions using the video clip of a toddler (Katie) arriving at an Early Head Start Program.

[Lesson 3: Adapt Using ‘Flexible Responses’](https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/comp/mental-health/digging-deeper/lesson3_eng/index.html)

You’ve “Watched” and asked “I Wonder” questions. Now you are ready to choose ways to respond to the behavior. In Lesson 3, you can use the answers to the “I Wonder” questions (Lesson 2) to help select responses to address the child’s behavior. Muk (Katie’s teacher) shares the answers to her “I Wonder” questions as she explains her responses to Katie’s behaviors.

[Lesson 4: Applying "Watch, Ask 'I Wonder Questions', and Adapt Using 'Flexible Responses'" to Biting](https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/comp/mental-health/digging-deeper/lesson4_eng/story.html)