



## **Coast Guard Course List**

(By Category)

(last updated 1/26/26)

Course links open to enrollment page in KIT Academy.

Learner must be signed in.

### **Contents**

Behavior .....	2
Development.....	3
Disability Topics.....	4
Foundations of Inclusion eSeries .....	5
Inclusion Basics .....	6
Management .....	7
Movement and Play.....	9
Parents and Families .....	9
Program Environment.....	10
Social-Emotional Support .....	11
Staff Resources.....	12
Transitions and Activities .....	14

## Behavior

[Attention and Emotion in Motion: Supporting Young Children with ADHD](#)

[Behavior Conversations: Can One Strategy Impact Many?](#)

[Behavior Conversations: Why is the Why Important?](#)

[Biting: The Developmental Stage](#)

[Connect and Redirect: A Strategy to Support Behavior](#)

[Does Punishment Change Behavior?](#)

[Guidance for Unsafe Situations](#)

[Guidance for Unsafe Situations: Fast-Track Refresher](#)

[Planning for Sensory Differences](#)

[Reinforcement Realities: Identify & Apply](#)

[Relationship-Based Behavior Support](#)

[Responding to Persistent Unsafe Behavior](#)

[Strategies for Managing Self-Harm Behaviors](#)

[Strategies to Prevent and Manage Elopement](#)

[Strategies for Supporting Children and Youth who are Nonverbal](#)

[Supporting Inclusion in Summer Programs](#)

[Talking with Staff about Normative Sexual Behavior: Early Childhood & School-Age](#)

[Talking with Staff about Normative Sexual Behavior: PreTeens & Teens](#)

[Three C's for Co-Regulation in Toddlers: Calm, Consistent, Coaching](#)

[Unpacking Behavior: Is it expected, challenging, concerning or unsafe?](#)

[Why Won't They Listen? Understanding and Responding to Refusal in Early Childhood](#)

## **Downloadable Resources**

[Behavior as Communication \(Video Resource\)](#)

[Caught Being Great \(Resource Download\)](#)

[Creating a Simple Behavior Plan \(Resource Download\)](#)

[De-escalating Unsafe Behaviors \(Resource Download\)](#)

[Fostering Positive Behavior \(Resource Download\)](#)

[Reflect, Connect and Redirect \(Resource Download\)](#)

[Sample Behavior Plan \(Resource Download\)](#)

[Types of Behavior Tip Sheet \(Resource Download\)](#)

## **Development**

[Biting: The Developmental Stage](#)

[Co-regulation Begins at Birth: Supporting Infants' Emotional Development](#)

[Does Punishment Change Behavior?](#)

[From Chaos to Calm: Real Tools for Co-Regulating with Preschoolers](#)

[Infant/Toddler Series: Activities that Support Social-Emotional Development](#)

[Moving Beyond "Use Your Words:" Supporting Expressive & Receptive Communication](#)

[Partnering with Families Around Normative Sexual Development](#)

[Planning for Sensory Differences](#)

[Realistic Expectations Series: Supporting Toddlers to Succeed](#)

[Realistic Expectations Series: Supporting Preschoolers to Succeed](#)

[Realistic Expectations Series: Supporting Kinders – 2nd Graders to Succeed](#)

[Realistic Expectations Series: Supporting 3rd to 5th Graders to Succeed](#)

[Reimagining Play](#)

[Self-Regulation Series: Staying Grounded - Refueling for Improved Self-Regulation in School Age Care](#)

[Self-Regulation Series: Staying Grounded – Risk & Rewards for Middle Schoolers and Teens](#)

[Self-Regulation Series: Staying Grounded - Teaching Self-Regulation in Early Childhood Classrooms](#)

[Strategies for Managing Self-Harm Behaviors](#)

[Structuring Transitions to Support Learning](#)

[Three C's for Co-Regulation in Toddlers: Calm, Consistent, Coaching](#)

[Understanding Common Speech and Language Disorders](#)

[Unpacking Behavior: Is it expected, challenging, concerning or unsafe?](#)

[What's that you say? Speech Language and Communication Basics](#)

### **Downloadable Resources**

[Talking About Normative Sexual Behavior \(Resource Download\)](#)

### Disability Topics

[Attention and Emotion in Motion: Supporting Young Children with ADHD](#)

[Autism Supports - I Have the Will, Help Me with My Skill](#)

[Autism Supports - Let's Flex: Creating Space for Flexibility](#)

[Autism Supports - Say What I Feel: Linking Words to Body Signals](#)

[Strategies for Supporting Children and Youth who are Nonverbal](#)

[Understanding Common Speech and Language Disorders](#)

### **Downloadable Resources**

[Cultivate Respectful Disability Awareness \(Resource Download\)](#)

[Disability Accommodations \(Resource Download\)](#)

[Mental Health Basics \(Resource Download\)](#)

[Simple Signs \(Resource Download\)](#)

[Supporting Children Who Are Non-Verbal \(Resource Download\)](#)

[Supporting Individuals with Autism Spectrum & Social Communication Disorders \(Resource Download\)](#)

### **Foundations of Inclusion eSeries**

[Foundations of Inclusion eSeries Course 1: The Value of Disability Inclusion - Formerly Introduction to Inclusion](#)

[Foundations of Inclusion eSeries Course 2: Respectful Accommodations](#)

[Foundations of Inclusion eSeries Course 3: Viewing Behavior as Communication - Formerly Supporting Positive Behavior](#)

[Foundations of Inclusion eSeries Course 4: Partnering with Families](#)

## Inclusion Basics

[Celebrating Differences](#)

[Debunking the Myths of Inclusion \(2025\)](#)

[Moving Beyond "Use Your Words:" Supporting Expressive & Receptive Communication](#)

[Supporting Inclusion in Summer Programs](#)

[Training & Curriculum Specialists' Guide to Coaching](#)

[What's that you say? Speech Language and Communication Basics](#)

### **Downloadable Resources**

[Calming Tools \(Resource Download\)](#)

[Case-by-Case Checklist \(Resource Download\)](#)

[Case-by-Case Checklist How-To \(Video Resource\)](#)

[Communicating Your Commitment to Inclusion \(Resource Download\)](#)

[Disability Accommodations \(Resource Download\)](#)

[Effective Calming Spaces \(Resource Download\)](#)

[Gathering Information from Families \(Resource Download\)](#)

[Getting the Most from Your Visual Schedule \(Resource Download\)](#)

[Inclusion Checklist \(Resource Download\)](#)

[Inclusive Program Goals \(Resource Download\)](#)

[Lista Enumerada de Inclusion para Programas \(Resource Download\)](#)

[Managing Group Transitions \(Resource Download\)](#)

[Scripted Stories \(Video Resource\)](#)

[Sensory Supports \(Resource Download\)](#)

[Spaces to Meet Sensory Needs \(Resource Download\)](#)

[Top Tips for Inclusive Programs \(Resource Download\)](#)

[Visual Supports \(Resource Download\)](#)

## Management

[Accommodations: Reasonable or Fundamentally Altering?](#)

[Caregiver's Journey- Navigating Wellbeing with Leadership Support](#)

[Collaborating as a Leadership Team](#)

[Empowering Caregivers: Leadership Strategies for Wellbeing](#)

[Facilitating Group Training Using KIT Academy \(Resource Download\)](#)

[KIT 101](#)

[KIT Academy Instruction Course for 'Manager Permissions'](#)

[Leadership Series: Building a Support Network](#)

[Leadership Series: Leveraging Your Resources](#)

[Leadership Series: Strengthening Relationships with and Among Staff](#)

[Leading Through Learning: Applying Adult Learning Principles](#)

[Repairing Relationships After Harm Part 1](#)

[Repairing Relationships with Families – The Leadership Perspective](#)

[Repairing Relationships with Families – The Staff Perspective](#)

[Shared Responsibility of Inclusion: Everyone Plays a Part](#)

[System of Care](#)

[Talking with Staff about Normative Sexual Behavior: Early Childhood & School-Age](#)

[Talking with Staff about Normative Sexual Behavior: PreTeens & Teens](#)

[Training & Curriculum Specialists' Guide to Coaching](#)

### **Downloadable Resources**

[5 Questions to Ask Team Members \(Resource Download\)](#)

[Building Strong Teams \(Resource Download\)](#)

[Case-by-Case Checklist How To \(Video Resource\)](#)

[Coaching for Implementation \(Resource Download\)](#)

[Contributing Factors Assessment \(Resource Download\)](#)

[Contributing Factors Assessment How To \(Video Resource\)](#)

[Cultivate Respectful Disability Awareness \(Resource Download\)](#)

[Exploring Expectations \(Resource Download\)](#)

[Implementing Support Strategies \(Resource Download\)](#)

[Inclusion Checklist \(Resource Download\)](#)

[KIT Academy Coast Guard Manager's Permission \(Resource Download\)](#)

[Lista Enumerada de Inclusion para Programas \(Resource Download\)](#)

[Modeling Tip Sheet - Leadership Version \(Resource Download\)](#)

[Sample Behavior Plan \(Resource Download\)](#)

[Strength-Based Approach to Needs \(Resource Download\)](#)

[Training Needs Guided Reflection \(Resource Download\)](#)

[Understanding the KIT Support Pyramid \(Resource Download\)](#)

## Movement and Play

[Reimagining Play](#)

[Using Playful Engagement to Enhance Social-Emotional Skills](#)

### **Downloadable Resources**

[Infant Sensory Activities \(Video Resource\)](#)

[Sensory Paths \(Resource Download\)](#)

[Spaces to Meet Sensory Needs \(Resource Download\)](#)

## Parents and Families

[3 Tips to Improve Conversations with Families](#)

[Foundations of Inclusion eSeries Course 4: Partnering with Families](#)

[Partnering with Families Around Normative Sexual Development](#)

[Relationship-Based Behavior Support](#)

[Repairing Relationships with Families – The Leadership Perspective](#)

[Repairing Relationships with Families – The Staff Perspective](#)

### **Downloadable Resources**

[5 Questions to Ask Families \(Resource Download\)](#)

[5 Questions to Ask Families In Action \(Video Resource\)](#)

[Conversations with Families \(Resource Download\)](#)

[Crucial Conversations: Check, Call, Care \(Resource Download\)](#)

[Gathering Information from Families \(Resource Download\)](#)

[Getting Buy-In from Families \(Resource Download\)](#)

[A Guide to Common Behaviors: What to Expect in Group Care \(Resource Download\)](#)

[Recolectando Informacion para Familias \(Resource Download\)](#)

## Program Environment

[Circle Time: Engaging Every Child](#)

[Realistic Expectations Series: Supporting Toddlers to Succeed](#)

[Realistic Expectations Series: Supporting Preschoolers to Succeed](#)

[Realistic Expectations Series: Supporting Kinders – 2nd Graders to Succeed](#)

[Realistic Expectations Series: Supporting 3rd to 5th Graders to Succeed](#)

[Sensory Supports and Calming Spaces](#)

[Strategies to Prevent and Manage Elopement](#)

### **Downloadable Resources**

[Calming Tools \(Resource Download\)](#)

[Contributing Factors Assessment \(Resource Download\)](#)

[Effective Calming Spaces \(Resource Download\)](#)

[Sensory Supports \(Resource Download\)](#)

[Spaces to Meet Sensory Needs \(Resource Download\)](#)

[Understanding the KIT Support Pyramid \(Resource Download\)](#)

[Visual Supports \(Resource Download\)](#)

## Social-Emotional Support

[Connect and Redirect: A Strategy to Support Behavior](#)

[Co-regulation Begins at Birth: Supporting Infants' Emotional Development](#)

[Emotional Literacy for Infants and Toddlers](#)

[Emotional Literacy for Preschoolers](#)

[Emotional Literacy in School Age and Youth Programs](#)

[From Chaos to Calm: Real Tools for Co-Regulating with Preschoolers](#)

[Infant/Toddler Series: Activities that Support Social-Emotional Development](#)

[Mental Health Series: Checking on Yourself and Tapping into Motivation](#)

[Mental Health Series: Proactive Connection Practices](#)

[Mental Health Series: Space for Wellbeing](#)

[Mental Health Series: Supporting Children and Youth to Meet Expectations](#)

[Mental Health Series: The Current State of Child Mental Health](#)

[Preventing Power Struggles in School-Age Group Settings](#)

[Programming for Social-Emotional Well-Being](#)

[Reinforcement Realities: Identify & Apply](#)

[Repairing Relationships After Harm Preteens and Teens](#)

[Self-Regulation Series: Staying Grounded - Overview of Self-Regulation](#)

[Self-Regulation Series: Staying Grounded - Refueling for Improved Self-Regulation in School Age Care](#)

[Self-Regulation Series: Staying Grounded - Teaching Self-Regulation in Early Childhood Classrooms](#)

[Self-Regulation Series: Staying Grounded – Risk & Rewards for Middle Schoolers and Teens](#)

[Three C's for Co-Regulation in Toddlers: Calm, Consistent, Coaching](#)

[Using Playful Engagement to Enhance Social-Emotional Skills](#)

### **Downloadable Resources**

[Calming Tools \(Resource Download\)](#)

[Effective Calming Spaces \(Resource Download\)](#)

[Fostering Positive Behavior \(Resource Download\)](#)

[Guiding Teens in Repairing Relationships Tip Sheet \(Resource Download\)](#)

[How to Build Resilience in Children and Youth \(Video Resource\)](#)

[Preschool Conflict Resolution Guide and Tools \(Resource Download\)](#)

[Preventing Power Struggles in School-Age Group Settings \(Resource Download\)](#)

[Reflect, Connect, and Redirect \(Resource Download\)](#)

[Scripted Stories \(Video Resource\)](#)

[Setting the Stage for Friendships \(Resource Download\)](#)

[Spaces to Meet Sensory Needs \(Resource Download\)](#)

[Supporting Toddler Emotional Development \(Resource Download\)](#)

[Using First-Then Supports \(Resource Download\)](#)

### **Staff Resources**

[3 Tips to Improve Conversations with Families](#)

[Caregiver's Journey- Navigating Wellbeing with Leadership Support](#)

[Collaborating as a Leadership Team](#)

[Empowering Caregivers: Leadership Strategies for Wellbeing](#)

[Interaction Series: Connecting with Your Co-Workers](#)

[Leading Through Learning: Applying Adult Learning Principles](#)

[Mental Health Series: Checking on Yourself and Tapping into Motivation](#)

[Mental Health Series: Proactive Connection Practices](#)

[Mental Health Series: Space for Wellbeing](#)

[System of Care](#)

### **Downloadable Resources**

[Burnout Series: 5 Phases of Burnout \(Video Resource\)](#)

[Burnout Series: Avoiding Burnout \(Video Resource\)](#)

[Burnout Series: Causes of Burnout \(Video Resource\)](#)

[Conversations with Families \(Resource Download\)](#)

[Crucial Conversations: Check, Call, Care \(Resource Download\)](#)

[De-Escalating Unsafe Behaviors \(Resource Download\)](#)

[Easing Transitions \(Resource Download\)](#)

[Facilitating Group Training Using KIT Academy \(Resource Download\)](#)

[Implementing Support Strategies \(Resource Download\)](#)

[KIT Academy Coast Guard Manager's Permission Guide \(Resource Download\)](#)

[Mental Health Basics \(Resource Download\)](#)

[Modeling Tip Sheet - Direct Staff Version \(Resource Download\)](#)

[Strength-Based Approach to Needs \(Resource Download\)](#)

[Talking About Normative Sexual Behavior \(Resource Download\)](#)

[Understanding the KIT Support Pyramid \(Resource Download\)](#)

[Using First-Then Supports \(Resource Download\)](#)

## Transitions and Activities

[Mental Health Series: Supporting Children and Youth to Meet Expectations](#)

[Planning with Purpose: Giving Children a Voice](#)

[Structuring Transitions to Support Learning](#)

### **Downloadable Resources**

[Attention Getters \(Resource Download\)](#)

[Circle Time Brain Science Tip Sheet \(Resource Download\)](#)

[Easing Transitions \(Resource Download\)](#)

[Engaging All Learners \(Resource Download\)](#)

[Engaging Children and Youth in the Planning Process Tip Sheet \(Resource Download\)](#)

[Getting the Most from Your Visual Schedule \(Resource Download\)](#)

[Managing Group Transitions \(Resource Download\)](#)

[Multi-Sensory Stories \(Video Resource\)](#)

[The Five Stages of Naptime Transition \(Resource Download\)](#)

[Transition Activities for Every Age \(Resource Download\)](#)

[Transition Songs \(Resource Download\)](#)

[Transitions Songs \(Video Resource\)](#)