



EMPOWERING

Sarah Mercado



EMPOWERED
TO CONNECT
CONFERENCE

EMPOWERING PRINCIPLES AND STRATEGIES

Ecological	Creating Felt Safety Transitions Rituals
Physiological	Hydration, Blood Sugar, Healthy Touch, Physical Activity, Sensory

PREPARE THE BODY FOR LEARNING

- Hydration
- Blood Sugar
- Healthy Touch
- Physical Activity
- Sensory

HYDRATION

- Be a role model!
- Hydration breaks/reminders

SNACKS/MEALS

- Snacks/meals every two hours for optimal learning and regulation



HEALTHY TOUCH

- Why is touch important?
- What does safe touch look like?



PHYSICAL ACTIVITY

- Every two hours
- Necessary for regulation

SELF-REGULATION



EXTERNAL-REGULATION

DURING FIRST YEAR – EARLY TODDLER:

- The adult is solely responsible for meeting the needs of the child
- Child is hungry, adult feeds
- Child is cold, adult warms

CO-REGULATION

TODDLER AND PRE-SCHOOL YEARS:

- Child learns to identify needs and seek help
- Child may identify hunger, adult will meet need
- Adults and children work together to share regulation of child

SELF-REGULATION

CAREGIVERS ARE STILL IN CHARGE AND RESPONSIBLE:

- The child may identify a need and be able to meet the need
- Child is hungry, they prepare a snack
- Child is cold, they get a blanket

SCAFFOLDING SELF-REGULATION

TEACH CALMING TECHNIQUES

- ENGINE PLATE
- MAGIC MUSTACHE
- BLOWING SOUP

PURPOSEFULLY DISREGULATE

- GAME
- DANCE
- ACTIVITY

PRACTICE CALMING TECHNIQUES

- ENGINE PLATE
- FLOOR PUSH-UP
- WATER/SNACK

FELT SAFETY

- Being vs. Feeling Safe

FELT SAFETY

- Predictability
- Transitions
- Routines
- Rituals

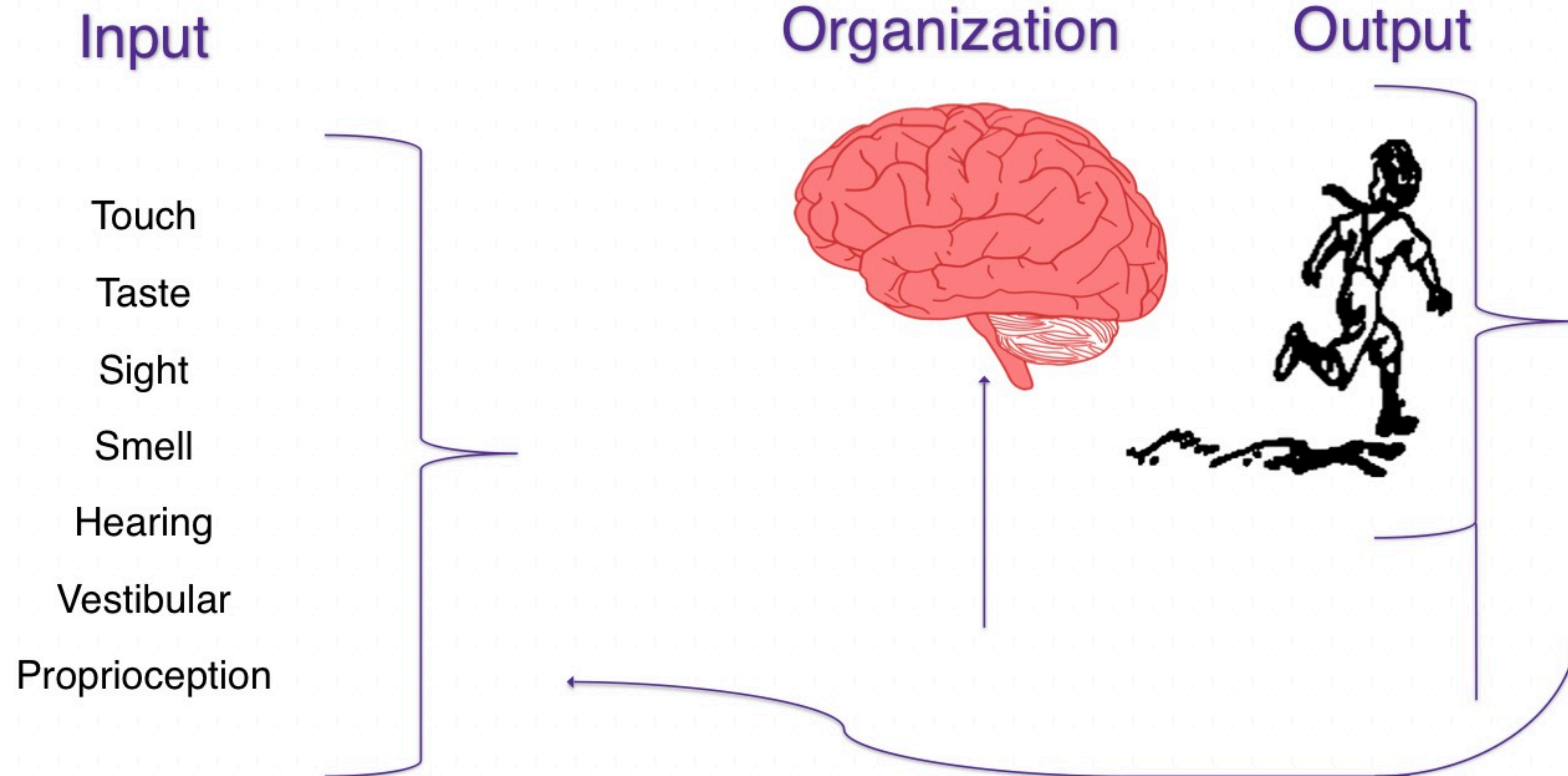
TRANSITIONS

- Daily Transitions
- Life Transitions

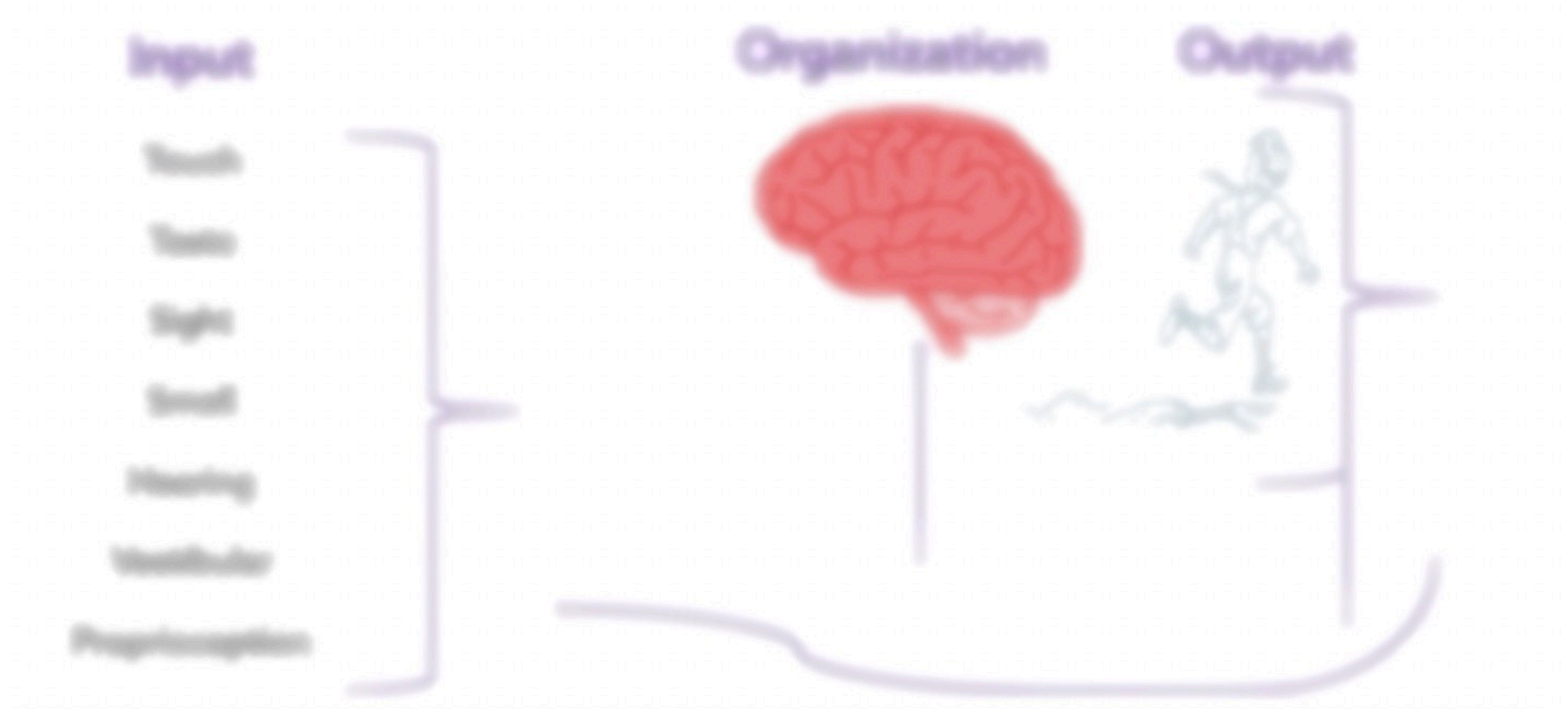
ROUTINES AND RITUALS

- Routines: repetitive procedures
- Rituals: have meaning, create connection

SENSORY PROCESSING



SENSORY PROCESSING DISORDER



RESPONSES

Fight

Hitting, Kicking, Yelling

Flight

Running Away, Changing Subject, Distracting

Freeze

Whining, Clinging, Zoning Out

SENSORY SEEKING BEHAVIORS

- Frequently spins, jumps, swings
- Frequently wants bear hugs/enjoys being tightly wrapped
- Prefers loud environments
- Frequently fidgets/has trouble sitting still



CAPEABLE



SENSORY AVOIDANT BEHAVIORS

- Refuses to eat certain foods
- Refuses to wear certain articles of clothing or clothing with tags
- Refuses to get hands dirty
- Dislikes loud noises/covers ears
- Dislikes bright lights/covers eyes



INGREDIENTS FOR A BALANCED SENSORY DIET

Intentional and Planned to Meet Needs of Child

- Alerting Activities
- Organizing Activities
- Calming Activities
- Vestibular
- Tactile
- Proprioceptive