

EMPOWERING OUR KIDS TO SUCCEED

Sarah Mercado









EMPOWERING PRINCIPLES AND STRATEGIES

Ecological

Creating felt safety, transitions, rituals

Physiological

Hydration, blood sugar, healthy touch, physical activity, sensory



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 child work together to share regulation of child



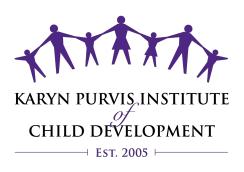
SELF-REGULATION

- Caregivers are still in charge and responsible
- The child may identify a need and be able to meet that need
- Child is hungry, he/she prepares a snack
- Child is cold, he/she gets a blanket



FELT SAFETY

Being Safe vs. Feeling Safe



FELT SAFETY

- Predictability
- Transitions
- Routines
- Rituals



TRANSITIONS

- Daily transitions
- Life transitions



DAILY TRANSITIONS

- 1. Attention
- 2. Mention
- 3. Distract
- 4. Act





LIFE TRANSITIONS

Preparing our children for success



ROUTINES AND RITUALS

- Routines repetitive procedures
- Rituals have meaning, create connection



PREPARE THE BODY FOR LEARNING

- Hydration
- Blood sugar
- Healthy touch
- Physical activity
- Sensory



HYDRATION

- Be a role model
- Hydration breaks/reminders





SNACKS/MEALS

 Snacks/meal every two hours for optimal learning and regulation





PHYSICAL ACTIVITY

- Every two hours
- Necessary for regulation





TRANSITION TO SLEEP

- 1. Start bedtime routine an hour before bedtime
- 2. Empower body water and snack
- 3. Empower environment light, sound, temperature
- 4. Sleep association must be able to duplicate independently
- 5. Calming activity bath time, connect time, book

- 6. Tuck in time establish clarity for sleep location
- 7. Ritual when leaving last separation
- 8. Sleep wave return for felt safety
- 9. Get up boundaries and expectations should the child wake up
- 10. Practice proactively