



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

CO

SELF

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