



Project **1.27**

Kids need families. Families need YOU.



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Yes, Can, Do!



Use “Yes”, “You can” or “Do this” instead of “No”, “Don’t”, or “Stop”.

Connect Before You Correct



1. Empathetic Facial Expression
2. Nurturing tone of voice
3. Non-judgmental listening

Get on their level



Bend down instead of towering over.
Our size can be intimidating.

Affirmation Scripts



You are creative. You are amazing.
You are brave. You’re an overcomer!

Routines and Rituals



Routines and rituals offer security and build trust. Starting class the same way each time, clean-up song, goodbye song.

Follow the Leader



Follow child’s lead in play and conversation.
Peek-a-boo. Dance contest. Telling jokes.

Time and Attention



Make eye contact. Gentle touch.
Reflective listening.

Celebrate Accomplishments



Celebrate the small things.
Sharing toys. Cleaning up. Playing gently.



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Predictable Transitions



Give 5, 3, and 1-minute warnings.
Explain what's next. Reassure that you or someone will be with them.

Proprioceptive Movement



Crawling, animal walks, tug-of-war, climbing, digging, weight-lifting, push-ups, dancing, therapy putty.

Name the Child's Feelings



"You look angry because Johnny knocked over your tower. Your fists are in tight balls and your face is scrunched up."

Give Choices



Give a child a choice. Be sure it is truly ok for them to select either option.

Deep Breathing



Breathe IN through nose for 3 seconds, OUT through mouth for 6 seconds.

Model Self-Reflection



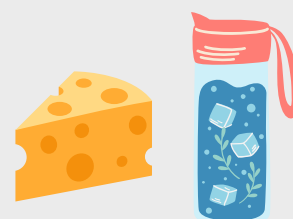
Reflect on your own choices with child.
"I was frustrated because I was late.
I wish I'd taken a deep breath instead of yelling."

Be a Sensory Detective



Notice how child responds to the way things feel, smell, sound, look. Help them practice healthy responses

Take a Break to Replenish



Pause for a drink of water and a bite of protein.



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Use Less Words



Avoid over-explanations when a child is upset. Calmly state one thing, such as, “I know it’s frustrating.”

When It’s Over, It’s Over!!!



Once a behavior is addressed, move on and enjoy your time together.

Time In



Draw child closer when struggling. Stay in the room with them. Co-regulate. Brainstorm solutions together.

Protective Engagement



Provide a safer, calmer environment where the child can regulate. Remove dangerous objects, reduce noise, fewer people.

The ‘Do-over’



“Let’s try that again.” “How could we do that differently?” “Would you like help with trying it a different way?”

Praise Publicly, Correct Privately



Pull a child to the side and speak quietly when correcting. Praise good behavior publicly.

Share Live Value Terms



Remember, these are reminders of positive behaviors. With respect. Gentle and kind. Stick together. Be cool. Calm it down.

Problem Solve



Once your child is calm, use problem-solving responses like a magic mustache—pressing the parasympathetic pressure point just above the center of the upper lip to stay calm.