A "Brain Architects" Guide For Reducing ECE Stressors

**THEY "USE THEIR WORDS" WISELY**

- Go silent (watch non-verbals too)
- Ask questions (avoid directing & correcting)
- Give visual support (limit auditory processing demands)

**THEY "SOOTHE THE SYSTEM"**

- Offer brain breaks (go for a walk, have a drink of water, take a breath)
- Play soothing music, move around, dance!
- Show compassion (give a hug, share a smile, offer a hand)

**THEY "REDUCE TO RESTORE"**

- Reduce the size of the group
- Reduce inputs and demands
- Reduce pace to allow for time to process

**THEY "READY" THEMSELVES**

- Act from "The YES brain" - take a breath, be curious, & offer a lifeline (Siegel & Bryson)
- Reframe the situation from "misbehavior to stress behavior" (Shanker)
- Attend to basic needs for safety, satisfaction, & connection (Hanson)