Autonomy Support
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AN EXERCISE: Learning and Not Learning

MIND in the Making
The Importance of Engagement in Learning: Sharing the Science
AN EXERCISE: Behavior Challenge
Executive Functions Skills are attention regulation skills. Researchers focus on:

- cognitive flexibility
- working memory
- inhibitory control

Autonomy Supports and Healthy Relationships

IT BEGINS
WITH YOU

Autonomy Supports

Ensure child plays an active role
The adult ensures that the child play an active role in solving age-appropriate problems on his or her own versus the adult solving the whole problem or fixing things for the child without being asked.

Take the child’s view
The adult thinks about what the child can and can’t do by watching and reflecting on the child’s capabilities and what he or she may be thinking and feeling then responds to the child with this understanding in mind.

Scaffold
The adult helps the child in a way that provides the child with a challenge that is hard but not too hard, offers reasonable choices that make the problem manageable for the child, and gives the child a chance to develop and use his or her own Life Skills.

Encourage
The adult encourages the child by providing useful hints and suggestions while making it clear to the child that he or she is there to help versus standing back and doing nothing, or jumping in taking over or being critical of the child.
Autonomy Supportive Caregiving Makes a Difference:

In the development of children’s executive function (EF) skills

Autonomy Supportive Caregiving:

Is predictive of children’s EF skills beyond parents own EF skills; and
Can be taught.

Ensure child plays an active role
- Take the child’s view
- Scaffold
- Encourage
- Share reasons
- Set clear expectations

MIND in the Making

Do it Again.
Reflect: Fixed It?
• Ensure child plays an active role
• Take the child’s view
• Scaffold
• Encourage
• Share reasons
• Set clear expectations

TOGETHER:
✓ Step back & observe
✓ Think about child’s view
✓ Offer suggestions with reasons
✓ Have clear expectations
✓ Create choices
✓ Make a plan together
✓ Trial and error
✓ Review
✓ Share your own strategies
✓ Build trust
✓ Challenge and grow
✓ Continue to learn

What We Have Done To Share The Science

Sharing the science of early learning in ways that transform science into action.

• MITM Community Modules
• MITM Book Tips
• MITM Skill Building Opportunities
• Vroom
• Mt Sinai Pediatric Residency Modules
Transformational Learning

Seven Essential Life Skills
Community Modules

Mind in the Making training extensively explores and shares the science of early childhood development in ways that boost Life Skills for children and adults.

Transformational Tools & Resources

MIND in the Making
Mind in the Making’s Skill Building Books Tips and Skill Building Opportunities help adults boost the life skills of children.

- MSTM Skill Building Opportunities
- MSTM Book Tips

Worm provides actionable tips and resources to help parents and caregivers turn every moment into a brain building moment.

Transformational Learning: Pediatric Residency Training

In partnership with the Parenting Center of Mt Sinai, we have created a residency training program where we have incorporated child development information into well-child visits. We will make this curriculum available for pediatric residents nationwide & adapt it for practicing pediatricians.
Research Articles


Questions?

You can find us at: eramsey@bezosfamilyfoundation.org