“Rarely is a “choice” made about which state to be in. The nervous system automatically determines which response seems most adaptive for the situation based upon many factors, including current circumstances, memory of past experiences, and innate temperament.”

Drs. Dan Siegel and Tina Payne Bryson - The Yes Brain
Hand Model of the Brain

THE 4 S'S

Safe

Seen

Soothed

Secure

Safe

Reduce Sensory input

Be present

Repair and Reconnect
- Validate emotions
- Offer choices (based upon interests)
- Go silent (some call this supportive silence because it is very different than ignoring)
- Reduce directions and corrections
• Ask open-ended questions aimed to understand
• Use soothing tone of voice and empathetic non-verbals
• Reduce interruptions – pause – try not to rush
• Simplify language – slow down all movements

• Practice sound minimalism (say very little, turn off TVs/radios, talk in low tones)
• Reduce visual clutter
• Read cues – touch – be close – be attuned
Common ECE Stressors

- Confusion and/or overly demanding situations
- Difficulty with sensory-motor skills
- Directions and corrections

Common ECE Stressors

- Experiencing intense emotions
- Exposure to violence
- Lack of sleep/rest
- Lack of opportunities for movement and choice

Common ECE Stressors

- Large group activities
- Mindreading
- Overuse/reliance on technology and/or a "replacement" for connecting w/caregivers & peers
Why Regulation?

Self-Regulation Assessment Form

<table>
<thead>
<tr>
<th>Function</th>
<th>Energizing</th>
<th>Foundation</th>
<th>Strengthening</th>
<th>Generation</th>
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THE 4 S'S

based upon the work of Dr. Dan Siegel and Tina Payne Bryson: The Power of Showing Up

kristiepf.com/mindful

Let's Stay Connected

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