

P reschool I ntervention R eferred T eam

January 25th-January 29th Weekly Newsletter

BACKPACK CONNECTION

Teachable Moments: How to Help Your Child Avoid Meltdowns

English: https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_behavior_meltdown.pdf

Spanish: https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_behavior_meltdown_SP.pdf

Recognizing Stress & Stressors

Stressors come from 5 interconnected domains: **biological**, **emotion**, **cognitive**, **social**, and **pro-social**. Heightened stress in any or, as is generally the case, several (if not all), of these domains leads to negative downstream consequences. Identifying & reducing these stressors is the first step towards easing a child's stress levels and bringing him/her back to a calm and focused state, and ultimately improving her ability to self-regulate. **Stressors can vary significantly from one child to another.** Clinical studies have demonstrated that it is indeed possible to enhance children's self-regulation, and that doing so results in meaningful improvements in any or all of the above 5 domains.

Some common stressors for children in the early years are:

- The child's biology - for example, his/her sensory and motor system
- Poor sleep regime
- Poor diet (high in processed foods)
- Lack of physical activity
- Stressors in the environment - for example, too much noise, light or crowding.



Click the link below to access the image above.

<https://illinoisearlylearning.org/tipsheets/be-thoughtful/>

5 Steps of Self-Regulation

There is no such thing as a "quick fix," or one solution to help young children self-regulate. These steps have proven very successful in helping parents and teachers nurture happier and healthy children

5 Critical Steps that Parents and Caregivers can take to understand & address self-regulation problems in children, whether it's a chronic issue or something that's happening "right now."

1. **Read** the signs of stress and reframe the behavior.
2. **Recognize** the stressors.
3. **Reduce** the stress.
4. **Reflect**: Enhance stress awareness.
5. **Respond**: Help the child learn to respond to stressors & return to calm.



Click the link below to access the image above.

<https://cdn.vanderbilt.edu/vu-web/lab-wpcontent/sites/96/2020/02/31204724/Positive-Attention.pdf>