

P reschool I ntervention R eferred T eam

February 1st - February 5th Weekly Newsletter

How to Use Social Stories to Teach Your Child New Skills & Expectations:

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

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

We will continue to focus on teaching Emotional Regulation and Mindfulness in the month of February Children who learn to regulate their emotions will have an easier time making friends, handle disappointments better, relate more successfully with peers and adults, and are less impulsive.

How You Can Help Children Self Regulate

- ★ Teach clear positive expectations/rules daily. (Can use visuals to post rules at home).
- ★ Model and discuss reasons for desired behaviors.
- ★ Validate feelings. "It is ok to feel angry."
- ★ Assist with language through labeling actions, feelings, and emotions. "I notice you feel sad."
- ★ Provide positive feedback in response to the child regulating their behavior and help the child regulate by modeling ways to calm down when needed. (Can say when I am angry I practice my breathing and model breathing).
- ★ Provide opportunities for developmentally appropriate play.
- ★ Promote children's independence across the day.
- ★ Provide a place where the child can go to take a break and calm down. (Allow your child to select items in the home that help he/she to feel calm).

Breathing Strategies

Controlled Breathing: Smell the Flower, Blow Out the Pinwheel Using the below visual; have your child smell the flower (to breathe in through their nose) and blow out the pinwheel (to exhale through their mouth). Repeat several times.

Belly Breathing: Have children lie on their back on the floor and place a small stuffed animal on their stomach. When the children inhale and exhale rapidly have them notice what happens to the stuffed animal. Then have the children slow their breathing and notice what happens to the stuffed animal.

To access the **Self-Regulation Strategies: Breathing Skills**, click the link below:

<https://challengingbehavior.cbcs.usf.edu/docs/Smell-Blow.pdf>



