

MY RESOLUTION FOR THE DAY

- Today I will focus on meeting children's basic human needs..
- Today I will build trust and strengthen relationships with children.
- Today I will remind children of what they *can* do, rather than just telling them what they should not do.
- Today I will provide a predictable routine.
- Today I will do an activity that integrates the strengths and interests of a child who is sometimes disengaged..
- Today I will offer children lots of choice and appropriate control.
- Today I will look at tricky situations through the children's eyes.
- Today I will acknowledge when children do "the right thing".
- Today I will embed a range of sensory experiences into routines.
- Today I will focus on finding the underlying function or purpose a behaviour serves the particular child.

Beneath every behaviour is a
FEELING.

And beneath every feeling is a
NEED.

And when we
MEET THAT NEED
rather than focus on the
behaviour, we begin to
DEAL WITH THE CAUSE,
not the symptom.

– ASHLEIGH WARNER –

When our
LITTLE PEOPLE
are overwhelmed by
BIG EMOTIONS,
it's our job to
SHARE OUR CALM,
not join their chaos.

- L.R. KNOT -

MY RESOLUTION FOR THE DAY

Today I will be patient, gentle and kind – also to myself!

Today I will keep promises and follow through.

Today I will teach self-regulation through co-regulation.

Today I will reinforce any effort made by a child to use a new behaviour they are still learning.

Today I will use visual aids to support children's understanding.

Today I will find ways to make children realise I'm on their side, and I'm here to help!

Today I will plan and prepare for a known tricky situation.

Today I will ensure every child has a means to communicate their needs., including those who don't use verbal language

Today I will acknowledge and validate children's emotions.

Today I will set everyone up for success! I will make it as easy as possible for all children, and myself, to do well.