




While You're Waiting, Please Download...

-  Viewer's Guide
-  Strengths and Needs Assessments



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01/18/2023

Coaching to Support Emotional Literacy and Expression

**Host**  
Joyce Escorcía, NCECDTL

**Host**  
Sarah Basler, NCECDTL

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Meet Your Presenters



Joyce Escorcía Sarah Basler



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National Center on  
Early Childhood Development, Teaching, and Learning

**Guest Expert**  
Mike Browne  
Senior Director of Community Engagement  
Cultivate Learning at the University of  
Washington

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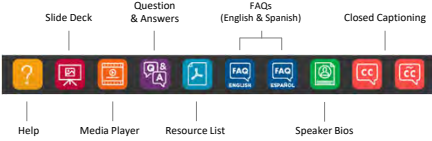
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### Webinar Features



Slide Deck    Question & Answers    FAQs (English & Spanish)    Closed Captioning

Help    Media Player    Resource List    Speaker Bios



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### Viewer's Guide

**Emotional Literacy and Self-Regulation Practices**

**Parental Media Practices**



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Today's Agenda:

- Share resources and strategies to support coachees to teach emotional literacy and self-regulation to children and families
- Share strategies for a coachee to practice self-regulation and self-care
- Practice using coaching strategies using a case example

National Center on  
Early Childhood Development, Teaching, and Learning

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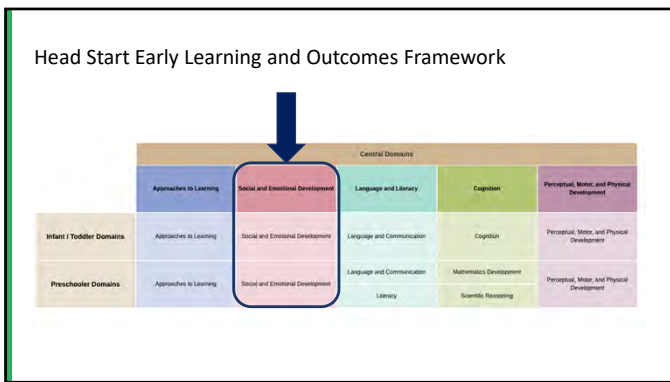
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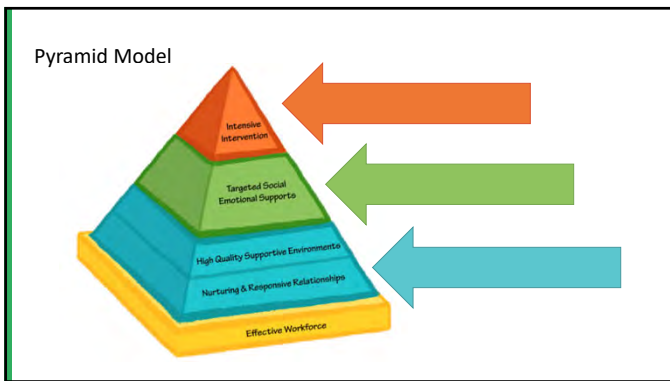
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### Emotional Literacy



The ability to identify, understand, and respond to emotions in oneself and others in a healthy way.

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### Teaching Emotional Literacy



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### Self-Regulation



The ability to regulate emotions and behaviors in different settings and activities.

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Teaching Self-Regulation

- Use Co Regulation
- Teach Strategies
- Support Children to Use Strategies



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What are your favorite emotional literacy or self-regulation strategies to support a coachee to use?

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Mindful Moment



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Mindful Moment

What are some strategies you recommend to help adults stay calm when supporting a child who is upset?



**R A I N**

- Recognize
- Accept
- Investigate
- Non-identify

16

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Mindful Moment

What are some strategies you recommend education staff use for self-care outside of the learning environment?



- Identify what brings you JOY!
- Use available support
- Reflect on past experiences

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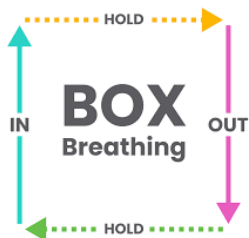
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Mindful Moment



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VIDEO



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Coaching and Practice



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Coaching and Practice

**The goal I will work on:**

*I will teach children calming strategies to use when they are experiencing strong emotions (e.g., anger, sadness, excitement, anxiety) by teaching breathing techniques and exercises, using calming visuals/materials and prompting children to use them when needed, and supporting them to calm down in the moment.*

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VIDEO



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Coaching and Practice

### Supporting Regulation Reflections



- Was Kelli implementing her goal? Was she successful? How do you know?
- What suggestions do you have for Kelli?



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Focus on Equity



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Focus on Equity

Equitable and Inclusive Practices for Promoting Emotional Literacy and Self-Regulation



- Learn about how families approach these topics
- Be transparent about how these skills will be taught
- Create systems for bi-directional communication and feedback

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Focus on Equity

Moving Past Implicit Bias



- Reflect
- Create goals with the coachee
- Take data
- Celebrate successes
- Check in on implicit bias often

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Koko's Corner

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BASICS: Emotional Literacy and Self-Regulation

- B** Behavioral expectations in advance
- A** Attend to and encourage positive behavior
- S** Scaffold with cues and prompts
- I** Increase engagement
- C** Create or add challenge
- S** Specific feedback

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Coaching Resources

- Pyramid Model Strengths and Needs Assessments
  - Infant/Toddler
  - Preschool
- Action Plan Examples
  - Infant/Toddler
  - Preschool
  - Home Visiting



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**PUSHPLAY**  
DTL On Demand



[https://bit.ly/DTL\\_PUSHPLAY](https://bit.ly/DTL_PUSHPLAY)



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<https://eclkc.ohs.acf.hhs.gov/about-us/article/mypeers-social-network-early-childhood-professionals>



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**We Want To Hear From You!**

Please take some time to complete the session evaluation.

For more information contact:  
[ecdtl@ecetta.info](mailto:ecdtl@ecetta.info)  
 (Toll-free 1-844-261-3752)

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**Thank You!**

**Join Us For Our Next Episode!**

Coaching to Support Friendship Skills and Problem Solving  
 March 15, 2023  
 3:00-4:00 p.m. ET



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