
 **Welcome!**

While you are waiting for Teacher Time to begin, please introduce yourself in the chat box. Let us know:

1. Who you are
2. Where you are located
3. What your position is.
4. And, answer the following question:

What do you do to support an emotionally safe learning environment?





TEACHER TIME:
Safe and Nurturing Learning Environments for Preschoolers


November 14th, 2018

Hosts: Judi Stevenson-Garcia & Treshawn Anderson


Guest Experts: Rebecca Parlakian

Chat Room Facilitator: Jan Greenberg


 

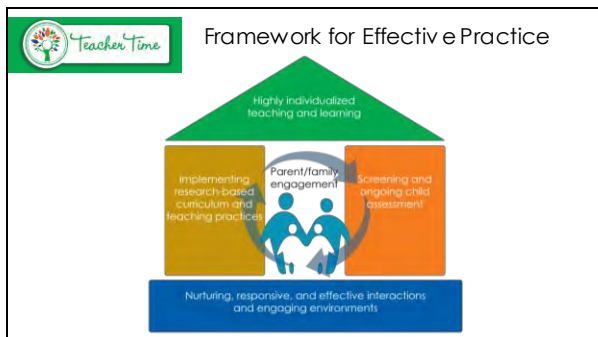
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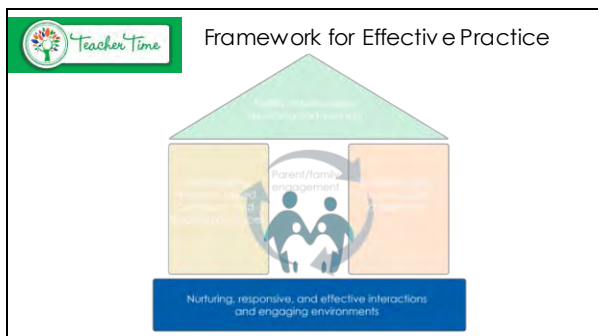
Chat Room Facilitator:
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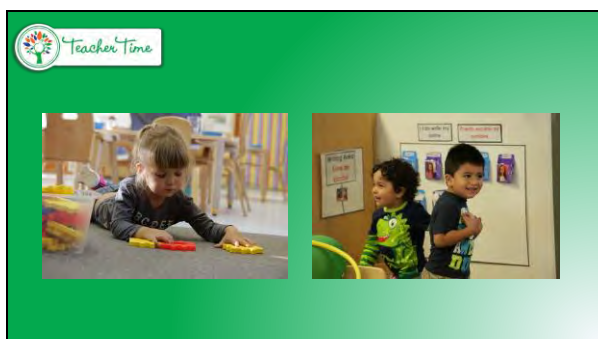


- Customizable widgets at the bottom of the screen
- Chat Room for group interaction
- Q & A box for questions during the webisode
- Resource widget
- Download supporting documents
- Use a wired connection and close all windows for best results
- Complete evaluation









 Teacher Time



The collage consists of three photographs. The top-left photo shows a teacher sitting on the floor with two young children, all looking at an open book. The top-right photo shows a classroom environment with a sign that says 'Worm Habitat' and various educational materials. The bottom photo shows a teacher in a blue shirt hugging a young child from behind.

 Teacher Time


Emotionally Safe & Nurturing Environments

Teachers and family child care providers are:

1. Sensitive & Responsive
2. Consistent
3. Mindful



The photo shows a teacher with blonde hair hugging a young child in a yellow shirt. They are in a classroom setting.

 Teacher Time


Research Tells Us...

Sensitive and responsive interactions:

- Allow children to feel safe and confident
- Create a secure teacher-child attachment

Secure attachments:

- Allow children to explore their environment
- Influence later relationship skills



The photo shows a teacher with long brown hair interacting with two young children, a boy and a girl, in a classroom.

 Research Tells Us...

Sensitive and responsive interactions support ALL children.



 Sensitive and Responsive



 Sensitive and Responsive



 **Teacher Time** Sensitive and Responsive




 **Teacher Time** Emotionally Safe & Nurturing Environments

Teachers and family child care providers are:


1. Sensitive & Responsive
2. **Consistent**
3. Mindful



 **Teacher Time** Consistent


Schedules

- Organize the day into blocks of time
- Arrange meaningful experiences for children
- Correspond to concrete units of time



Routines

- Predictable daily events related to caring for children's basic needs.
- Built around children's developmental needs



 Teacher Time


Consistent



 Teacher Time

Consistent




 Teacher Time

Consistent

Benefits to children:


- Helps children know what to expect
- Enhances feelings of security
- Influences cognitive and social emotional development



 **Consistent**


Visual schedules





 **Emotionally Safe & Nurturing Environments**

Teachers and family child care providers are:


1. Sensitive & Responsive
2. Consistent
3. ***Mindful***



 **Guest Expert**



Rebecca Parfakian
Zero To Three Partner, NCECHW


 Mindful

- **Self-regulation** is when we are able to manage our feelings, actions and behavior so we can engage in goal-directed actions.
- **Co-regulation** is an interactive process between an adult and child in which the adult provides regulatory support in the context of a shared, nurturing relationship.

 Mindful

Why is co-regulation important for the emotionally and physically safe and nurturing environment?

- Co-regulation helps to build a warm and caring relationship
- Creates an environment that buffers children from environmental stressors
- Helps children practice and develop self-regulation skills by coaching and modeling them yourself

 Mindful

1. Take a deep breath and a long slow exhale
2. Acknowledge and name the emotion you are feeling
3. Notice how your body feels—is there any tightness or discomfort? Where?
4. Place one or both hands on your heart
5. Take a deep breath and a long slow exhale
6. Intentionally bring kindness to yourself.
7. Take a few deep breaths with your hand on your heart
8. Relax and open your eyes

 **Emotionally Safe & Nurturing Environments**

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Safe Foundations, Healthy Futures

Helpful Resources:
MyPeers
T4T
ELOF2GO
Safe Foundations, Healthy Futures