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?

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TEACHER TIME:
Safe and Nurturing Learning Environments for Preschoolers

November 16th, 2018

Hosts: Judi Stevenson-Garcia & Treshawn Anderson

Guest Experts: Rebecca Parlakian

Chat Room Facilitator: Jan Greenberg

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ON24 Features

Chat Room Facilitator: Jan Greenberg

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

Teachers and family child care providers are:

1. Sensitive & Responsive
2. Consistent
3. Mindful

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
Sensitive and responsive interactions support ALL children.
Sensitive and Responsive

Emotionally Safe & Nurturing Environments

Teachers and family child care providers are:

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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
Consistent Environment: Schedules and Routines

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

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Guest Expert

Rebecca Parlakian
Zero To Three Partner, NCEC/CHW
• **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.

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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

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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
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Safe Foundations, Healthy Futures

Helpful Resources:
- MyPeers
- T4T
- ELOF2GO
- Safe Foundations, Healthy Futures