



 **Teacher Time** 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 are some ways you encourage an emotionally and physically safe learning environment?






TEACHER TIME:
Safe and Nurturing Learning Environments for Infants and Toddlers

October 19, 2018


Hosts: Judi Stevenson-Garcia & Treshawn Anderson

Guest Experts: Allyson Dean & Rebecca Parlakian


Chat Room Facilitator: Jan Greenberg

 NATIONAL CENTER ON Early Childhood Development, Teaching and Learning

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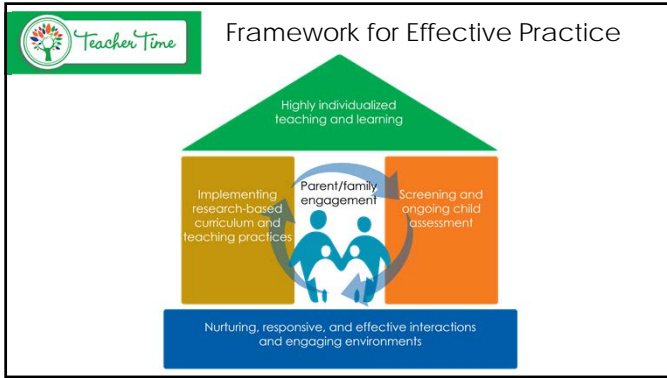
 **ON24 Features**

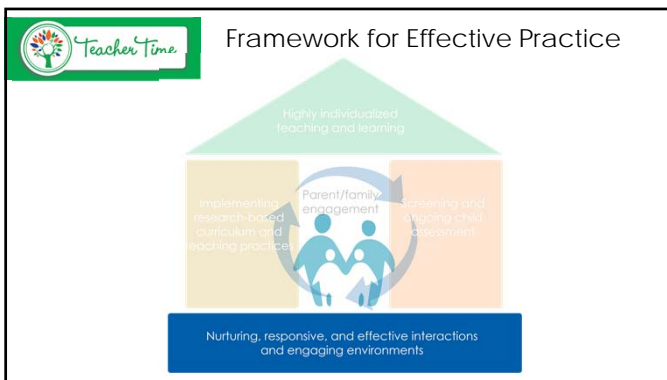
Chat Room Facilitator:
Jan Greenberg



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

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Teacher Time

In emotionally safe and nurturing learning environments, teachers and family child care providers are:

1. Sensitive & Responsive
2. Consistent
3. Mindful




Teacher Time **Research Tells Us...**


Sensitive & 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



 **Teacher Time** Research Tells Us...

Sensitive and responsive interactions support ALL children.



 **Teacher Time** Sensitive and Responsive



 **Teacher Time** Sensitive and Responsive



 Teacher Time Sensitive and Responsive




 Teacher Time Sensitive and Responsive



 Teacher Time

1. Sensitive and Responsive
2. Consistent





 **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





Consistent

Benefits to children:

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





Consistent


Visual cues







1. Sensitive and Responsive
2. Consistent
3. Mindful




 **Guest Experts**



Allyson Dean
Director of Resource & Training Development
NCECDL



Rebecca Parlakian
Senior Director of Programs
Zero To Three

 **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


Teachers and family child care providers are:

1. Sensitive & Responsive
2. Consistent
3. Mindful







Safe Foundations, Healthy Futures



Teacher Time




myP MyPeers



ELOF2GO
Your Mobile ELOF
Ages Birth to Five

Links to Resources on ECLKC:
MyPeers
T4T
ELOF2GO
Safe Foundations, Healthy Futures



T4T
Text4Teachers

