

# Disabilities Newsletter

October-December 2022

## Conscious Discipline- What should your child's Safe Place include?

Stepping Stones 3 Pre-K



There's no one right way to build one! They work best when they can include a variety of things that resonate with your unique child.

- A chair, beanbag, throw rug or pillow to serve as the base. A tent to reduce sensory stimulation may also be helpful.

- Fill the space with tools that correspond with the senses or other activities that support self-regulation (or co-regulation, as you are welcome and encouraged to join your child in their special place as needed to support them in managing their feelings).

- Sight: Visual cues (pictures of breathing icons or relaxation prompt cards, sensory glitter bottle, kaleidoscope, small mirror to check in with facial expression.

- Sound: Noise-cancelling headphones, recording of favorite song, calming nature sounds, classical music, or guided visualization, and quiet chimes

- Touch: breathing ball, weighted blanket, stress ball, fabric, a special lovey to connect with (which may also represent an important person in your child's life).

\* Provide options for creative expression (writing/drawing) with notebooks

### Routines to incorporate in the creation of your Safe Place:

- Create an "I feel" picture book by asking your child to make faces of various feelings. Then print the photos or post them on the wall (along with some photos of special family and friends in the child's life) so your child may identify their current emotional state through facial recognition.
- Practice breathing together and create your own unique belly breaths with corresponding motions. Kiddos love making up silly breaths and teaching adults
- Use the tools with your child by role-playing in the special place or taking time to connect there throughout the day. After all, every feeling is welcome in this cozy place, and you can visit it with your child even when they are not feeling upset. The more comfortable and cozy the child feels in the space, the safer it will be for he or she to self-regulate there.
- Remember, this is not a Time-Out place! It is important children hear the message that they are capable of attending to their emotional needs and can enlist adults and tools for support, without the association of punishment. You can, however, offer a visit to the Safe Place or remind a child that it's available if it seems like their body could use some calming (ie, arriving home from the school day or during other transitions). You may also choose to model its use during moments when you need a dose of self-regulation. 😊 Offering a "Time-In" to connect and co-regulate with items available can be a wonderful part of the routine.





## Look at these creative ideas!

### Amazing learning happens in inviting classrooms

As teachers we have no control over whether students go home to a happy, stimulating or a caring environment, but we do control the four walls you, and your students will spend some of the most formative moments of their young lives: your classroom.

Your classroom is the space in which you will spend around 1200 hours this year together learning, building relationships, and striving academically and emotionally to achieve.

Whether you like it or not, the decor, style and level of classroom decoration you display is a reflection of you as a teacher, your personality, and a great launchpad to build credibility with parents and students.

If your students and parents can see your passion, creativity, and ability to manage a classroom respect and credibility is far more easily earned.

<https://innovativeteachingideas.com/blog/5-amazing-classroom-decoration-ideas-for-creative-learning-and-teaching>



Shout out to CLC A, CLC B, OPC, and Brooke 3!

## The Importance of Using Visuals with Children

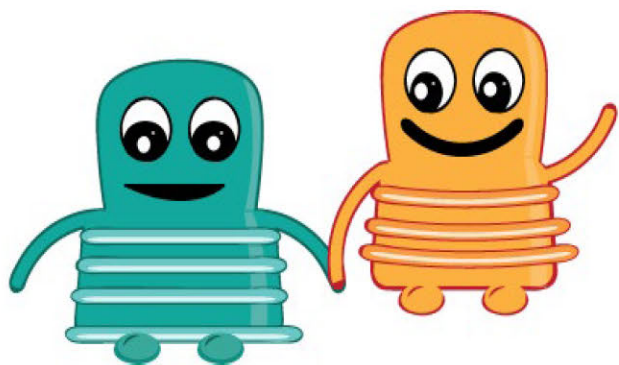
By Sheri Klugmann, Ramapo Senior Parent Educator

We live in a verbal culture. Speaking and listening are the ways we are expected to exchange information with others, and it often doesn't occur to us that there are other ways to communicate even more effectively.

As we continue to learn more about the best parenting and teaching practices, and about the needs of children, we begin to see how children cannot be expected to conform to one way of communicating. There are children who, for varied reasons, learn and process information more easily by seeing and doing, rather than by hearing spoken words.

There are many ways to communicate non-verbally, including using gestures, using objects and physically modeling behaviors. One of the most effective ways to communicate a message to a child or to allow a child to express his needs is by using visuals.

<https://ramapoforchildren.org/2014/08/29/the-importance-of-using-visuals-with-children/>



### Reminders

- Be sure to complete 45-day deadlines!
- CLASS review for Head Start coming up soon!
- If a child is not meeting areas, start the referral process!

### Important Dates

11/4- EHS Center base training  
11/4- FRA Mandatory Recruitment Day  
11/8- All Staff training day  
11/11- Staff Off  
11/18- Bus Driver training  
11/24- Staff Off  
11/25- Staff Off  
11/30- Possible EHS Homebase training  
12/9- FRA Mandatory Recruitment Day  
12/22- Staff Off  
12/23- Staff Off  
12/26-12/30- Winter break/Line staff  
12/29-12/30-Staff Off

