



# ECE Solutionary Membership At-a-Glance Handout

Month #12



## Self-Regulation Tips At-a-Glance

#prektip: By understanding stress, we can begin to help our student self-regulate and successfully engage.

#prektip: No matter your strengths or struggles, you are capable!

#prektip: Controlling kids demand creativity in adults to create a world where kids have the independence they seek.

#prektip: When a child feels safe, secure, and soothed by you, they have the capacity to be curious to you.



## Professional Development Tips At-a Glance

#pdtip: Coaching should stimulate curiosity and encourage teachers to try new things!

#pdtip: Influences are all around us - co-workers, culture, family, etc. When's the last time you thought about how yours affect your goals?