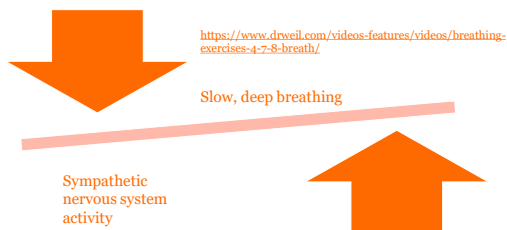




Overview

- I will describe the evidence-based strategies that form the content for a preschool curriculum and parent program
- Whose goal is to promote the development of executive functioning in young children
- And their parents!
- You can use these strategies daily with children and parents!
- John will talk about how and why he decided to lead his direct service organization down this road.
- It may cause you to think about whether your organization would choose to go down this road
- And what it would take to go there.





4/7/8 Breathing

As the Zen Buddhist monk Thích Nhất Hạnh puts it, "Feelings come and go like clouds in a sky. Conscious breathing is my anchor."



Learner objectives

- Describe the role of caregiver reflection of the child’s internal state (mind mindedness) and the share of personal stories in building resilience.
- Identify mindfulness activities for children and caregivers related to building resilience.
- Recognize ways to identify and overcome obstacles to innovation (e.g., using brain science, research, and data collection) in your organization.



Components of Executive Functioning

- Working memory (hold on to information while using it).
- Flexibility (moving between tasks or between task rules).
- Inhibition (suppressing a dominant response).
- Persistence.
- Delaying gratification



Before children are able to demonstrate EF

They learn to talk about

- Perceiving through the senses (see, hear)
- Physical states (hungry, warm)
- Emotions (happy, sad) and likes/dislikes
- Wants, needs, and abilities (need, want, can)
- Thinking and evaluating (know, guess, better)

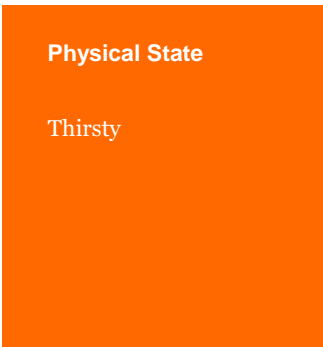




Perception

Taste





Physical State

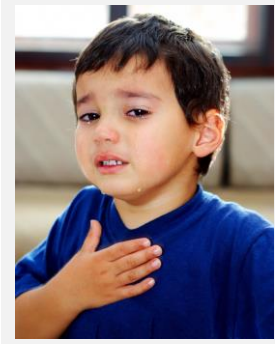
Thirsty



Volition and ability

Want/need
(food)





Emotion/Affect

Cry



Cognition/Mental State

Play/Pretend



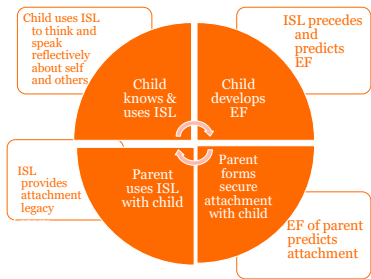
Moral Judgment/Obligation

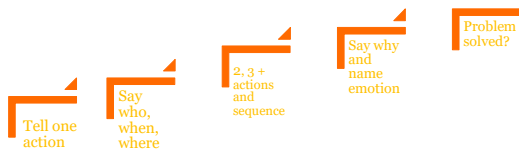
Have to/supposed to



I'm hungry!







My Story



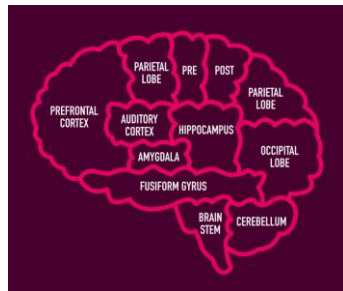


Mindfulness



Mindfulness because

we can't use our prefrontal cortex when our amygdala is on "red alert."





Mindful Moments

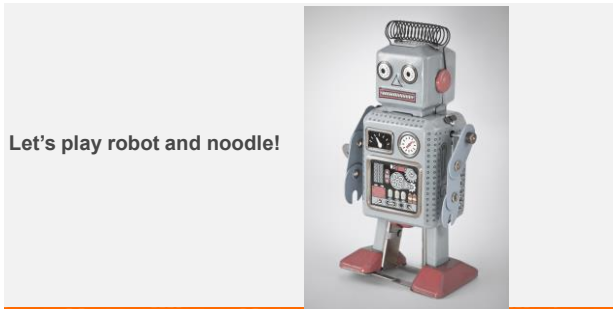
Slow, deep breathing

Muscle relaxation

Guided Imagery

conscious muscle relaxation





Let's play robot and noodle!

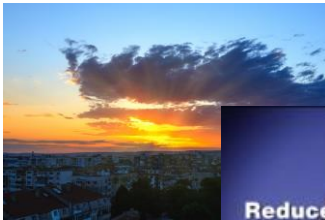


Slow, deep breathing (belly breathe) with your child

- Smell and Cool the soup
- Stuffed animal elevator
- Tuck like a turtle
- Blow out the candles
- Blow bubbles
- Stress ball
- Feather blow



A peaceful place.....



Trauma Triggers.....

While mindfulness activities can be very helpful, it is also true that if we have our own history of stress and trauma, sitting still and being aware of our own body can feel uncomfortable. If you are able, try this exercise. If at any time you begin to feel uncomfortable, you can turn the audio off, get up and stretch, walk around, and decide if there is something else that would help you to feel comfortable. (Lauren Moberg, Minnesota Association for Infant and Early Childhood Mental Health)



Parting thought.....






THE FAMILY PARTNERSHIP
Executive Function Curriculum



Overview

01 Why Intervene on EF?	02 Core Design Concepts	03 Results & Refinements	04 Opportunities
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3X ACES SCORES



TOXIC STRESS





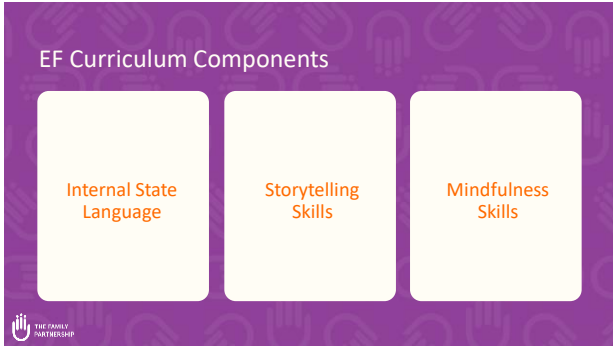
EF = Focus

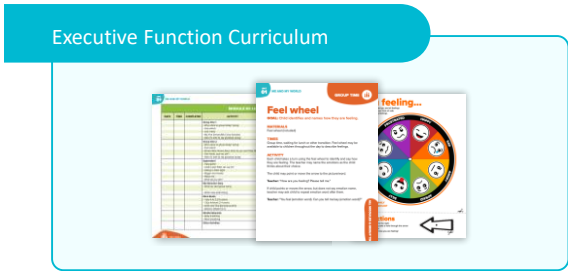


Executive Functioning Components

Working Memory	Inhibitory Control	Cognitive Flexibility	Attention Control
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Whole Family (2Gen) Approach

Preschool version engages parents through home visits/groups


Home Visiting and Parenting Group adaptations for other program contexts



Research Proven Results



- Internal State Language
- Storytelling Skills
- Age Appropriate Behavior



Promising Ventures Fellowship

Supporting Scaling of EC Innovation



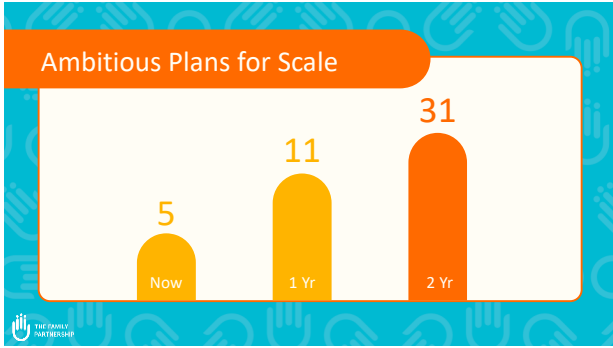
1. Gathered feedback, redesigned curriculum, built business and financial models for scaling
2. Microtrial with new iteration of curriculum
3. Statewide scaling in MN, Scaling in San Antonio, Home visiting pilots

Whole Family (2Gen) Approach

Preschool version engages parents through home visits/groups

Home Visiting and Parenting Group adaptations for other program contexts







THE FAMILY PARTNERSHIP

Executive Function Curriculum

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