

## MY RESOLUTION FOR THE DAY

- Today I will focus on meeting children's basic human needs.
- Today I will build trust and strengthen relationships with children.
- Today I will remind children of what they *can* do, rather than just telling them what they should not do.
- Today I will provide a predictable routine.
- Today I will do an activity that integrates the strengths and interests of a child who is sometimes disengaged.
- Today I will offer children lots of choice and appropriate control.
- Today I will look at tricky situations through the children's eyes.
- Today I will acknowledge when children do "the right thing".
- Today I will embed a range of sensory experiences into routines.
- Today I will focus on finding the underlying function or purpose a behaviour serves the particular child.

*Beneath every behaviour is a  
FEELING.*

*And beneath every feeling is a  
NEED.*

*And when we  
MEET THAT NEED*

*rather than focus on the  
behaviour, we begin to*

*DEAL WITH THE CAUSE,  
not the symptom.*

– ASHLEIGH WARNER –

*When our*  
**LITTLE PEOPLE**  
*are overwhelmed by*  
**BIG EMOTIONS,**  
*it's our job to*  
**SHARE OUR CALM,**  
*not join their chaos.*

- L.R. KNOT -

## MY RESOLUTION FOR THE DAY

Today I will be patient, gentle and kind – also to myself!

Today I will keep promises and follow through.

Today I will teach self-regulation through co-regulation.

Today I will reinforce any effort made by a child to use a new skill they are still learning.

Today I will use visual aids to support children's understanding.

Today I will find ways to make children realise I'm on their side, and I'm here to help!

Today I will plan and prepare for a known tricky situation.

Today I will ensure every child has a means to communicate their needs, including those who don't use verbal language yet.

Today I will acknowledge and validate children's emotions.

Today I will set everyone up for success! I will make it as easy as possible for all children, and myself, to do well.