

Executive Functions
Challenging Behaviors
Essential Life Skills
Nature
Self-Regulation



Buffett
Early Childhood
Institute

at the University of Nebraska

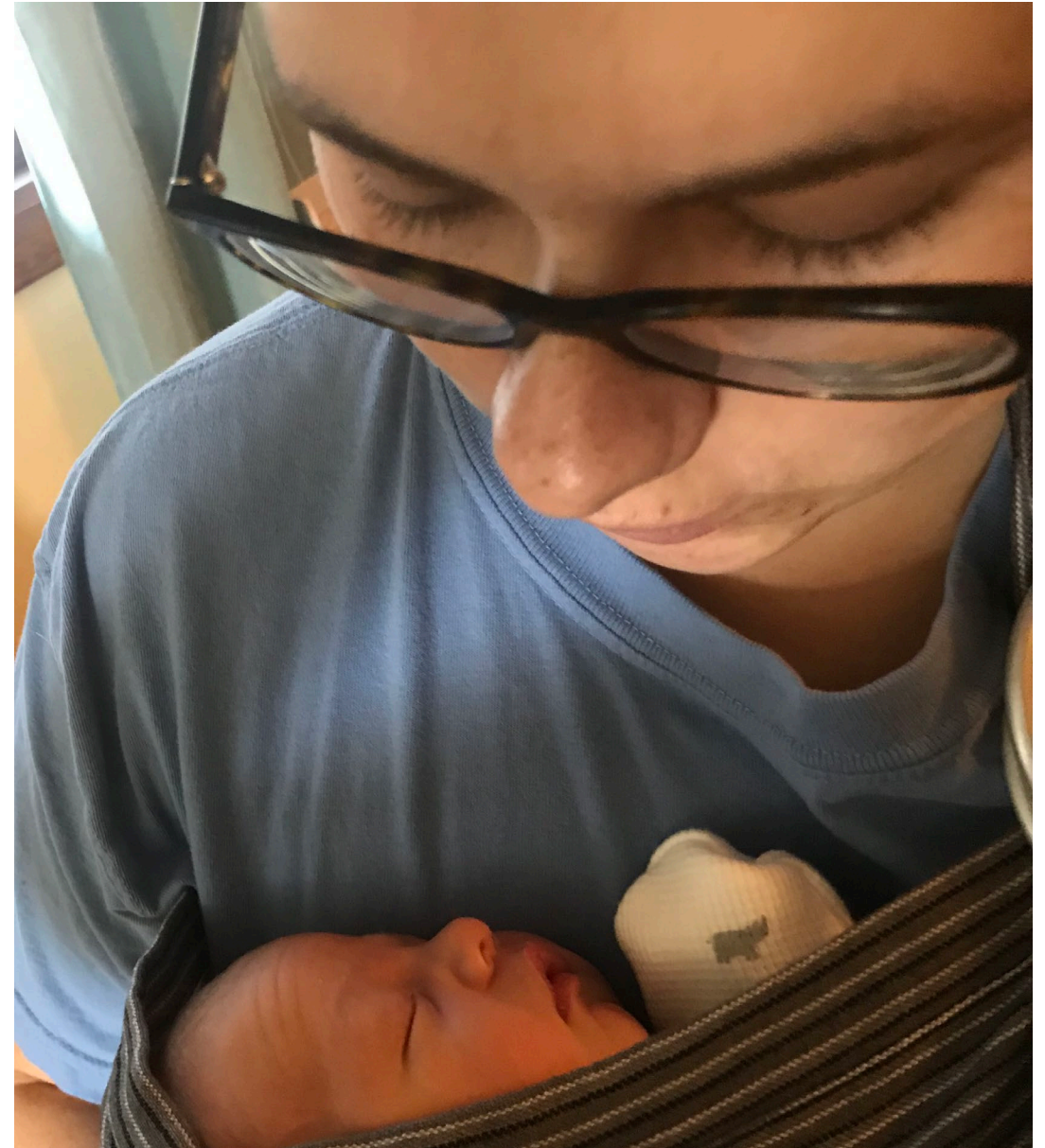
Professional Development for All

November 6, 2019

Takeaway #1:

Caring and responsive relationships are support development of executive function and self-regulation

- Shaping stress-response systems
- Neural structures and networks that serve EF and SR
- Safety and security
- Scaffolding



Takeaway #2:



Caring adults can scaffold attentional control

- Verbal cues to direct attention
- Re-directing attention from upsetting stimuli or feelings
- Respecting the child's focus
- NOT being intrusive

Takeaway #3:

Executive functions take time and practice to develop and consolidate.

This requires patience and understanding of adults 😊



Takeaway #4: Play is critical!!!



- Dramatic play
- Open-ended, unstructured play
- Games – Red light, Green light; Simon says
- Physical activity

Takeaway #5:

Understanding emotions helps children to regulate them.

- Emotion reflections
- Naming emotions



Takeaway #6:



- Helping children reflect on their behavior (behavior reflections)
- Supports emerging meta-cognition
 - Helps them to remember what worked for them and use it in the future

Takeaway #7: Context is important: Tools for tricky situations

- Alert child to what is coming next
- Use songs and dramatic play to transition
- Re-direct attention using tone of voice, songs, fingerplays, pretend



Takeaway #8: Nature supports EF & SR



- Is soothing, calming
- Improves mood
- Restores directed attention, working memory
- Looking out the window is important!!!

Takeaway #9: Stress undermines development of EF and SR, BUT

Caring, supportive relationships can buffer the effects of stress on EF and SR



Takeaway #10: Self-regulation is holistic!





**You can support children's
development of Executive
Function and Self-Regulation**

PROFESSIONAL DEVELOPMENT FOR ALL SERIES



Wifi Network Name: KrocEvents

Password: Specialevents

 **Twitter**

Follow the conversation **@BuffettECI**, use the hashtag **#SchoolAsHub**

 **Facebook**

Like our Facebook page to view conference photos: **facebook.com/BuffettECI**

 **LinkedIn**

Follow us at **linkedin.com/company/buffett-early-childhood-institute**

Executive Function and Self-Regulation



Buffett
Early Childhood
Institute
at the University of Nebraska

**learning
community** OF DOUGLAS AND
SARPY COUNTIES

November 6, 2019

Share Your Feedback

At the end of the day, please use the following link to complete today's PD for All institute evaluation survey. The information you share will assist us in continuing to provide high-quality learning experiences for early childhood professionals in Douglas and Sarpy Counties.

<https://tinyurl.com/PDforALL>