

# Preschool Special Education

February 2023

Issue 6 page 1

## What We Worked On in January



## Coming Up...

February 2: Teacher Work Day, No School

February 15 - Progress Notes Sent home

February 19-20: Mid-winter Break, No School

March 25-29: Parent-Teacher Conferences, no school/sessions for preschoolers

April 1-5: Spring Break, no school

## Executive Function

Cognitive flexibility is the ability to adapt to changes. This could be a change in conversation, routine, characteristic, etc. Many times young children with immature executive function struggle with accepting change because it violates their expectations and the safety of predictability. For example, although it may not make sense to an adult, but when a toddler cries over the parent handing him/her a cup of a different color than expected, it demonstrates his/her brain's inability to adapt to the change (especially with a depleted body budget) and not that s/he is spoiled or disrespectful. Predictability provides a sense of safety and not knowing what to expect can be scary and dysregulating. Practice this skill in small or playful ways such as saying, "ready, set, banana!" Instead of "go". You may need to give advance notice of the change.

  
Flexible Thinking  
Adjust behavior to  
unexpected  
changes

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## Social Emotional Development

Mona Delahooke's book *Brain-Body Parenting* discusses the importance of parental well being in supporting the child's emotional development. She says, "There is no magic formula to making sure our kids are happy and whole. But one factor can stack the odds in their favor: sturdy parents. When our platform is strong, we are better able to guide, teach, nurture, and set limits for our children...one of the ways we make deposits in our child's body budget is through co-regulation, a process that contributes to a child's ability to self-regulate. And the critical ingredient of co-regulation? Ourselves—our platform, which shows up in our tone of voice, our emotional expressions, our gestures, our pacing, and our words. We and our own sense of well-being are the most important tools in our tool chest... Ensuring the well-being of caregivers by supporting and caring for them is critical for healthy child development. In other words, parents need nurturing, too. And it's critical for our children's well-being." She outlines the essentials of adequate sleep, hydration, nutrition, human connection and self-compassion as the foundation of a sturdy platform.

## Special Education: Inclusion in Preschool

How does a child receive supports he/she needs in inclusion? [An article from Education Week](#) summarizes what may be needed to make inclusion successful and answers this question. It states, "Inclusion, by definition, involves carefully assessing a child's needs and then implementing a strategic plan to support that child within the general classroom setting. This is done by a special education team, rather than one general education teacher. The team offers options such as teacher training, team-teaching, pushed-in special education instruction, classroom accommodations (a standing desk, computer workstation, etc.), an interpreter, or a classroom assistant added to the room for portions of the day." Not every child will need every support and accommodation, as the approach should be individualized and appropriate for each child involved.