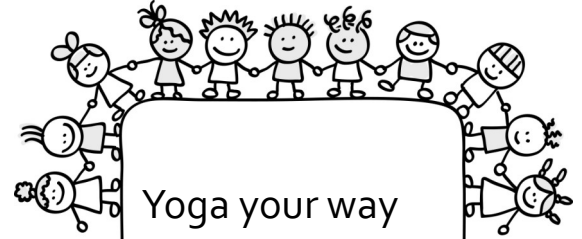


Date:



## Dear Parents:

We are in the last stages of Behavioral Self-Regulation. Your child has shown really nice progress in controlling his hands, feet and voice and in using his turtle breathing. Now we are putting everything together and focusing on his whole body.

As part of this, we will be using yoga positions—see *Yoga your way to self-regulation* (in the box to the right) for more information. Please check with your child’s doctor to find out if your child has any conditions that might put him at risk for an injury. Some children have really loose joints so you have to be extra careful.

### Practicing self-regulation at home

Practice different types of self-regulation at home. Try songs and rhymes that use different types of hand, foot and whole body movements. Play games that vary the speed of movement, like Freeze Tag. There are lots of games you can try. We’ve attached a few suggestions.

### Controlling whole body in everyday life

We are once again helping your child learn when and where to regulate his whole body. When should he control his movements or move in special ways? When can he just let loose and not worry about controlling his body?

We need to help him know when different movement patterns are appropriate. First, we need to know what is important for your child and your family.

Think about situations **at home**. When should your child control his body? Think about when your child is out **in the community**. For example, at the park, he can run around and use a loud voice but not at the swimming pool. At church, temple or mosque, he should speak quietly,

### Yoga your way to self-regulation

You may think that your child is a little young for yoga. Not really — children are using it everywhere.

Yoga can help your child:

- Stretch and strengthen his body
- Become more flexible
- Learn to coordinate his movements better
- Improve his balance
- Slow down
- Coordinate breathing and movement
- Calm his mind and body
- Increase his attention span

Yoga is not competitive. It emphasizes slow, easy movements. Both of these are great for learning improved self-regulation.

move more slowly and stay with certain people. Add as many ideas as you want to the form below. Once you have written in at least a few ideas in each column, send it back to us so we can start working on these things.

Please don't work on the things you put on the list just yet. We want to try them out and see what strategies work best. We'll send the list back to you with some ideas and suggestions.

**How I want my child to control his whole body in these places:**  
(carefully describe the situation and what you would like to see your

At home	In the community



*This yoga stuff is pretty cool!. I can almost touch my feet.*



## I thought scaffolding was for buildings!

Scaffolding is an important way you can help your child's learning.

Scaffolding, like in construction, helps provide support while things are built. That's exactly what you can do when your child is learning. You give him just enough support so he can be successful. Then as he begins learning, you take away the support, or scaffolding, a little at a time. You keep removing it until he can be successful.

So what does it look like? Well, you might point to show him where to look or where to start. You might give him hints that can make an activity easier. For example, "If you hold your food with a fork, you can cut it easier".

Encouragement is also a form of scaffolding because it can help your child keep trying.