

Early On Center for Higher Education

Instructional Resource Alert

April 2018

[Autism Spectrum Disorder \(ASD\) Resources](http://earlyoncenter.org/resource.php?ID=276)

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This edition of DEC's Resources within Reason offers a compilation of resources for families, educators, and administrators who support children diagnosed with Autism Spectrum Disorder (ASD). From strategies for handling a new diagnosis to teaching strategies for managing an inclusive classroom, these resources offer current information and guidance for best evidence-based practices.

[Self-Regulation Snap Shot #1: A Focus on Infants and Toddlers](http://earlyoncenter.org/resource.php?ID=279)

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This snapshot summarizes key concepts about self-regulation development and intervention for infants and toddlers for practitioners and educators interested in promoting self-regulation for this age group. It is based on a series of four reports on Self-Regulation and Toxic Stress prepared for the Administration for Children and Families (ACF).

Self-regulation skills developing in infants:

- Shifting attention or averting gaze when over overwhelmed
- Self-soothing by sucking fingers or a pacifier

Developing in toddlers:

- Focusing attention for short periods
- Adjusting behavior to achieve goals
- Briefly delaying gratification
- Beginning to label feelings
- Turning to adults for help with strong feelings

Key considerations for promoting self-regulation in infants and toddlers:

- Train teachers and child care staff in co-regulation skills, particularly warm interaction, responsiveness to child cues, and environmental structure
- Identify ways to support school and child care staff's own self-regulation capacity



- Share self-regulation information, ideas, and classroom approaches with parents/caregivers to support their co-regulation and promote consistency across environments

[Infant and Early Childhood Mental Health Consultation \(IECMHC\) Toolbox](http://earlyoncenter.org/resource.php?ID=278) **(<http://earlyoncenter.org/resource.php?ID=278>)**

Substance Abuse and Mental Health Services Administration (SAMHSA) recently launched a comprehensive Toolbox, including a series of videos and podcasts, to assist stakeholders to implement and expand IECMHC to support young children's mental health and school readiness. Fourteen states and tribal communities will pilot the Toolbox through focused training and technical assistance provided by the Center of Excellence for IECMHC. Much of the Toolbox is designed to promote equity and provides guidance for the following areas:

- Systems and Policy
- Models
- Research and Evaluation
- Competencies
- Workforce Development
- Communications
- Financing

[Impacting Parent-Child Relationships \(Video\)](http://earlyoncenter.org/resource.php?ID=277) **(<http://earlyoncenter.org/resource.php?ID=277>)**

The Child Trends News Service has released a new video (2018), in English and Spanish, about a recent study involving 170 families with kids from birth to age five that examines how internet devices are creating a disconnect in parent-child relationships, otherwise known as "technoferece". The study found that parents who had the most difficult time managing their personal phone use had children exhibiting the most problem behaviors, such as hyperactivity and crying.

Dr. Brandon McDaniel, who led the study, offers guidelines for parents to follow in the presence of their child(ren) so that technology doesn't interfere with their relationship, and proposes the implementation of "tech-free zones" or times, such as bedtime and mealtime. By putting the devices away, families can personally engage and spend quality time with those who matter most.

[The Importance of Self-Care](http://earlyoncenter.org/resource.php?ID=280) (<http://earlyoncenter.org/resource.php?ID=280>)

Brookes Publishing has a free cultural diversity toolkit with resources, checklists, and videos to support culturally and linguistically diverse children.

