



ECE Solutionary Membership Sample Month

Each month's solutions include a brief description and **hyperlink** to a PDF, YouTube video, blog post, podcast, and/or website.

For those who decide the solution was **TL;DR** (too long; didn't read), I provide an at-a-glance tip you can put into action immediately.

Each tip is signified by a purple hashtag (**#prektip**). These **#prektip**(s) are **actionable** and **inspirational** and don't require digging through the deeper solution.

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Here's your sample month for free!

Inclusion Solutions

- *7 Developmental Progressions to Troubleshoot when Children are Struggling* is a **podcast** that discusses the most common learning progressions in which children struggle and provides concrete steps you can take to support their learning [[link](#)] - created by me (*Want even more? Check out the Zig Zag image mentioned in podcast [jpg]*).
 - **#prektip**: The learning progression teachers struggle w/most is going from concrete to abstract. Consider pace & level of scaffolding ([click here to tweet this tip!](#))
- *Building Brains: How to be a Brain Architect* is a **Pinterest board** that links to a variety of resources that provide tips, strategies, and advice on how to support child development [[link](#)] - created by me
 - **#prektip**: Play changes the connections of neurons at the front end of your brain & w/out play neurons aren't changed -Sergio Pellis ([click here to tweet this tip!](#))

Mindfulness Solutions

- *Mindfulness in Early Childhood Development and Learning* provides a **collection of quotes** designed to inspire you to embed mindfulness in daily classroom routines and activities [[pdf](#)] - created by Ashley Lyons and me
 - **#prektip**: Mindfulness consists of self-awareness, self-reflection, & self-regulation achieved through listening, focusing, & relaxing ([click here to tweet this tip!](#))



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- *Mindfulness in the Early Grades* is a **YouTube video** that shares mindfulness strategies for buffering toxic stress in the early childhood school environment [\[link\]](#) - from the Erikson Institute
 - **#prektip**: Promising initial results from \$2.5 million study on mindfulness in high poverty Chicago schools ([click here to tweet this tip!](#))
 - *The ABC of Mindfulness: Awareness, Balance, Compassion* is an **infographic** that briefly describes how to incorporate mindfulness into your life [\[link\]](#) -from Mind Fuel Daily **#prektip**: "A practiced awareness leads to an understanding that all life is interconnected, and none of us are alone on the path" ([click here to tweet this tip!](#))
- *Yoga for the Youngest! Mindfulness and Movement for Shifting Culture and Practice* is a **free webinar** that explains the benefits of creating a culture of yoga and mindfulness in early childhood programs; shares practical steps for leaders to build such a culture; and offers new ideas, tools, and practices you can use with children, staff, and families [\[link to recording\]](#) - by Jenna Augustine and Lori Ryan
 - **#prektip**: To shift toward a culture of mindfulness: intentionally dedicate time/space; co-construct a shared vision; & coach/reflect ([click here to tweet this tip!](#))

Quality Indicator Solutions

- *Maximizing the Power of Early Ed* is a **TED Talk** that discusses what the research has to say about high-quality early education as well as what states and communities are doing to address the achievement gap [\[video link\]](#) - from FPG's Kate Gallagher
 - **#prektip**: The secret to high-quality early education is in the development of early, meaningful, healthy relationships ([click here to tweet this tip!](#))
- *Helping Others Understand Academic Rigor in Teachers' Developmentally Appropriate Practices* is an **article** that seeks to demonstrate the rigor of DAP so that early educators can show colleagues and administrators how their teaching approach and curriculum supports children's learning and optimal outcomes through the use of DAP [\[link\]](#) - from NAEYC YC
 - **#prektip**: NAEYC: Rigor & DAP can peacefully coexist in same space w/best practices that serve the needs & interests of young children ([click here to tweet this tip!](#))



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The Power of Play Solutions

- *How to Join a Child with Autism in Play*, by Barbara Avila from Synergy Autism Center
 - Training content designed to help you meet a child where they are and strategies for entering into a play scenario [[video](#) - 9:47]
 - The [video](#) also includes step-by-step directions for how to engage the child in a new level of social engagement and play [[pdf](#)]
 - My thoughts on one of the steps discussed in the video...how to make a bid [[audio 6:10](#)]
 - **#prektip**: Make "right-sized bids" to children- action that seeks a child's joint attention- to match their needs in the moment ([click here to tweet this tip!](#))

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