

Three Stands/Strategies of the 'Nurtured Heart Approach'



Three Stands Used Together in Concert

» Refuse to Energize Negativity

- Negative Behaviors
- Broken Rules
- Problems

w/ *Big Reactions or Relationship*

Enforce limits with as little interaction as possible.

Without explanation, lecture, questions, analysis, anger, or punitive measures.

Make it boring to break a rule!

Recognize own triggers & emotional reactions.

&

Have strategies & plan to not engage or escalate negativity.

» Relentlessly Energize Positive Behaviors

In the 'Moment of Success'

(4 Techniques)

1) Active Recognition

Describe the Details of Positive Behaviors or Qualities

2) Experiential Recognition

Attach Meaning & Value to the Behaviors & Qualities
Ex. Perseverance, Focus, Integrity

3) Proactive Recognition

What's NOT happening that could be?
'Self-Control' 'Following Rules'

4) Creative Recognition

Help Success Happen
- *To teach new behaviors*
- *Shift the momentum to positive*

» Absolute Clarity

- Clear expectations
- Predictable consequences
- Back to Success ASAP

DON'T LET THINGS SLIDE!

Avoid Warnings!

Warnings make rules unclear!

Immediate Brief & Mild Consequences- 'Reset'

Then...

Welcome back child ASAP with 100% forgiveness; back to start for 'Another Try' or 'Redo'

"The quality of the relationship & interactions with 'important adults' is the most powerful environmental dimension influencing how children learn tasks, competencies and self-regulate."

Dr. Jack Shonkoff, Director for Center on the Developing Child at Harvard University

Core Concepts Nurtured Heart Approach is Built On

➤ Relationship is the Reward

"Studies of brain development show that positive interactions with important adults is the most powerful external dimension influencing how children learn:



- Specific tasks
- Competencies
- Ability to self-regulate

Dr. Shonkoff, Dir. Center of Dev. Child, Harvard

➤ We Can Choose what we give Relationship to



Or



- Negative Behaviors
- Problems, Poor Choices

- Positive Behaviors
- Strengths, Good Choices

Communication is 55% facial expression, 38% tone, 7% actual word

➤ 'Video Game Principles' to Engage & Level up.

- CLEAR AND PREDICTABLE EXPECTATIONS AND RULES
- IMMEDIATE FEEDBACK FOR BEHAVIORS & CHOICES
- STRONG & PREDICTABLE INCENTIVES FOR SUCCESS
- BRIEF & MILD CONSEQUENCES FOR MISTAKES; RESET



Video Game Principles are used to engage attention, and compel children to 'level up'.