



Greetings from

TITLE I

www.mrsd.org/title1



Classes held in person

633 Old Homestead Highway, Swanze

Wednesday evenings

5:30-7:00

WINTER CLASSES

1/3 For parents of 3-4 year olds

1/17 For parents of 2-3 year olds

1/31 For parents of 1-2 year olds

2/28 For parents of 0-1 year olds

To register online for these
free classes, please scan this
QR code:



For more information, please call **357-2042** or email:

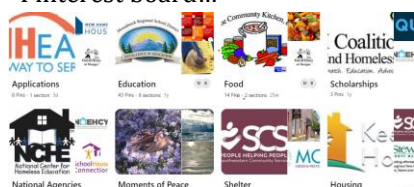
Beth Audette baudette@mrsd.org

Lynn Speckman lspeckman@mrsd.org

McKinney-Vento Resources

*Supporting those experiencing homelessness
in our schools*

Please scan this QR code to take a look at our
Pinterest board...



...and this one for our interactive map of
local resources:



For more information, please call our office
at 603-357-2042.



SELF-REGULATION

*The ability to control our thoughts, feelings and
behaviors in ways that help us to function day-to-
day and achieve our goals. -emergingminds.com.au*

Horacio Sanchez, author of
The Education Revolution, says,
“Self-regulation is not only the
greatest predictor of academic
success but also of success in life.”

How can we help children with self-regulation? One
method is called grounding. Dr. Lucy Russell, a clinical
child psychologist explains grounding as being like a
“magic trick” where you can help a child switch from
focusing on “scary or negative emotions to their senses
in the present moment.”

Please note that it is important to practice grounding
techniques not only regularly, but when the child is
calm, because you cannot ask a child to do a new
behavior when upset, **“unless they have done it
consistently when they are calm.”**

Here is a simple physical grounding technique from
healthline.com to practice a few minutes each day:
“Pick up or touch items near you. Are the things you
touch soft or hard? Heavy or light? Warm or cool? Focus



on the texture and color of
each item. Challenge yourself
to think of specific colors, such
as crimson, burgundy, indigo,
or turquoise, instead of simply
red or blue.”

In the next couple of newsletters, we will provide more
grounding techniques for you to practice. You may find
some that you prefer to others, and that's okay! Trying
them out helps you find what works best for your child.