

## spark\* Newsletter Content

Number	Topics of Main articles	Topics of Sidebars	Materials included
1	What is spark? The spark* model In the weeks ahead	What is self-regulation? Why is self-regulation important?	spark* brochure
2	Behavioral self-regulation (hands) Practicing at home Encouraging child participation	Language of spark* - Part 1: shared participation Calm+Alert+Nourished	Intensity and speed variation pictures Space to include songs and rhymes
3	Behavioral self-regulation (hands) Getting input identifying when and where for awareness of need	Language of spark* - Part 2: shared participation, sense of control What are executive functions?	Awareness of Need chart for identifying where and when
4	How to prompt and remind your child Resilience and Self-advocacy	Language of spark* - Part 3: activate thinking, demonstrate knowledge, understand meaning and purpose	
5	Breathing How to practice breathing at home When to use Turtle Breathing every day	Calm adults mean calm children Turtle Breathing Increasing independence in the child	Turtle Breathing picture Chart: Information needed for helping your child develop strategies for staying calm
6	Self-regulation of feet Practicing at home Getting input identifying when and where for awareness of need Reviewing places and times at home	Help your child improve his self-regulation Help your child check his own self-regulation	Awareness of Need chart for identifying where and when

Number	Topics of Main articles	Topics of Sidebars	Materials included
7	Self-regulation of feet Practicing voice self-regulation at home	Promoting self-regulation everywhere Increasing your child's independence	Voice intensity/loudness pictures Awareness of Need chart for identifying where and when
8	Practicing self-regulation, including yoga, at home Controlling whole body in everyday life ("I can control my body" comic book)	Yoga your way to self-regulation Becoming more resilient	Calming and relaxing yoga positions Games for practicing self-regulation
9	Cognitive self-regulation – being systematic Some strategies to help your child be systematic Getting input identifying when and where for awareness of need	Parent modeling Importance of trust, acceptance and optimism	Awareness of Need chart for identifying where and when
10	Cognitive self-regulation – looking at the most important information – some strategies Getting input identifying when and where for awareness of need	Ignoring Helping the child ignore things while he learns	Awareness of Need chart for identifying where and when
11	Cognitive self-regulation – determining expectations (signals, clues, models) Getting input identifying when and where for awareness of need	Learning is a process (that takes time) Rhythm in practicing with your child	Awareness of Need chart for identifying where and when
12	Cognitive self-regulation – construction of meaning Getting input identifying when and where for awareness of need	Why is constructing meaning important? Communicating for learning	Awareness of Need chart for identifying where and when
13	Cognitive self-regulation – comprehension monitoring Getting input identifying when and where for awareness of need	Why work on comprehension monitoring? What do I do if he starts asking for too many repeats and explanations?	Awareness of Need chart for identifying where and when

Number	Topics of Main articles	Topics of Sidebars	Materials included
14	Cognitive self-regulation – expressing knowledge  Getting input identifying when and where for awareness of need	Describing how things look  Telling about events  Praising and encouraging	Picture sequence for describing objects  Picture sequence for describing scenes  Picture sequence for describing events  Awareness of Need chart for identifying where and when
15	Emotional self-regulation – overview plus gestures	Basic gestures  Keeping gestures fun (ways to practice)	Pictures of key gestures  Awareness of Need chart for identifying where and when
16	Emotional self-regulation – facial expressions  Using your family's real-life emotions	Practicing emotions at home  It's okay to express our emotions	Basic facial expressions  Awareness of Need chart for identifying where and when
17	Emotional self-regulation – emotions  Breathe-Think-Plan  Happy Thoughts  Shield  Brain box	180 degree rule  What happened to the eye contact?	
18	Emotional self-regulation – person and setting  People sorting  Providing information about people and settings that are challenging	Sorting people and places  Using other people as models	Awareness of need for different body speed and voice loudness