

spark* Newsletters 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	Language of spark* - Part 1: shared participation Calm+Alert+Nourished	Pictures: Intensity and speed variation 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?	Chart: Awareness of Need 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 Why work on breathing Practicing Turtle Breathing at home When to use Turtle Breathing in everyday life	Calm adults mean calm children Turtle Breathing Help your child be more independent	Picture: Turtle Breathing 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	Chart: Awareness of Need for identifying where and when
7	Self-regulation of the voice Practicing voice self-regulation at home	Promoting self-regulation everywhere Increasing your child's independence	Pictures: Voice intensity/loudness Chart: Awareness of Need for identifying where and when

8	Practicing self-regulation, including yoga, at home Controlling whole body in everyday life	Yoga: your way to self-regulation Becoming more resilient	Pictures: Calming and relaxing yoga positions Games for practicing self-regulation
9	Some strategies to help your child be systematic Using the strategies in other places	Your model makes a difference The importance of being positive with your child	Chart: Awareness of Need for identifying where and when
10	Paying attention to the most important information Using the strategies in other places	Ignoring things can help us all Ways to help your child ignore unimportant things	Chart: Awareness of Need for identifying where and when
11	Figuring out what to do Using strategies in other places	Learning is a process Rhythm in practicing with your child	Chart: Awareness of Need for identifying where and when
12	Making a picture of things you hear. Using these strategies in other places.	Why is constructing meaning important? Communicating for learning	Chart: Awareness of Need for identifying where and when
13	What is comprehension monitoring Repair strategies Using these strategies in other places	Why work on comprehension monitoring? What do I do if they start asking for too many repeats and explanations?	Chart: Awareness of Need for identifying where and when
14	Two ways of describing Extending their new skills into everyday life	Describing how things look Describing events	Pictures: Sequence for describing objects Pictures: Sequence for describing scenes Pictures: Sequence for describing events Chart: Awareness of Need for identifying where and when
15	Gestures Extending their new skills into everyday life	Basic gestures Keep gestures fun	Pictures: Key gestures Chart: Awareness of Need for identifying where and when
16	Focus on four basic emotions	Basic facial expressions	Pictures: Basic facial expressions

	<p>Practising emotions at home</p> <p>Using your family's real-life emotions</p>	<p>It's okay to express our emotions</p>	<p>Chart: Awareness of Need for identifying where and when</p>
17	<p>Breathe-Think-Plan</p> <p>Happy Thoughts</p> <p>Shield</p> <p>Brain box</p>	<p>180-degree rule</p> <p>What happened to the eye contact?</p>	
18	<p>Figuring out how to act around different people</p> <p>People sorting</p>	<p>Using praise and encouragement</p> <p>Using other people as models</p>	<p>Chart: Awareness of need for different body speed and voice loudness</p>