

Preschool Special Education

Teacher Brianne's Newsletter

February 2025

What we worked on in January



Coming up...

February 17–18 – Mid-winter break, no school/sessions

March 10–Special Ed PTSA Meeting 6:30 PM

March 23 – Special Education PTSA 5K Fundraiser

March 31–April 1 – Parent-teacher conferences, No school/Sessions

April 7–11 – Spring Break, No school/sessions

Education Spotlight: Play for Emotional and Self Regulation

Children learn *everything* best through play, including self-regulation. In the previous newsletters, we discussed how adults can leverage the power of play to strengthen emotional connections with children. The connection with trusted adults allows the child to co-regulate with those adults in difficult moments of dysregulation. The consistent, repeated experiences of co-regulation with trusted adults is what builds a resilient and sturdy autonomic nervous system in a child, which is the mechanism by which humans regulate their emotions. To learn more about this process and how child-caregiver attachment plays a crucial role, I recommend the work of therapist Robyn Gobbel, who has a book, podcast and social media [here](#).

Additionally, through play and role-play, children can have numerous occasions to explore different emotions in a safe and understanding setting. Through play, children can learn to express themselves and regulate their emotions learning from adult and peer modeling. Moreover, studies have shown that children who engage in more fantasy play or are more oriented to fantasy and pretend play are rated higher in their emotional regulation skills than their peers. Next month's newsletter will focus on how play develops and strengthens executive functioning skills such as impulse control and mental flexibility, which are the cornerstones of self-regulation or self-management, which includes and goes beyond emotional regulation.