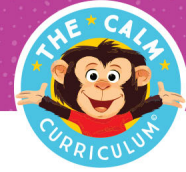


CYC Conference: April 27, 2022

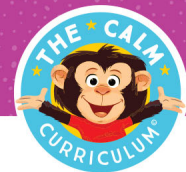


The CALM Early Care and Learning Framework

CALM Curriculum® 2019. For more information, contact fvcdc.org

★ Fraser Valley Child Development Centre

Why Change?

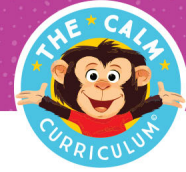


How do you think your childhood experiences compare to the experiences of children today?

CALM Curriculum® 2019. For more information, contact fvcdc.org

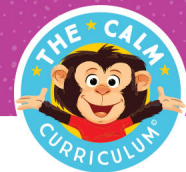
★ Fraser Valley Child Development Centre

Why Change?



As a result, should we be parenting and caregiving differently?

What Skills are Employers Looking For?

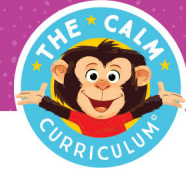


2020	2025
1. Complex Problem Solving	Analytical thinking and innovation
2. Critical Thinking	Active learning and learning strategies
3. Creativity	Complex problem-solving
4. People Management	Critical thinking and analysis
5. Coordinating with Others	Creativity, originality and initiative
6. Emotional Intelligence	Leadership and social influence
7. Judgement and Decision Making	Technology use, monitoring and control
8. Service Orientation	Technology design and programming
9. Negotiation	Resilience, stress tolerance and flexibility
10. Cognitive Flexibility	Reasoning; problem solving and ideation



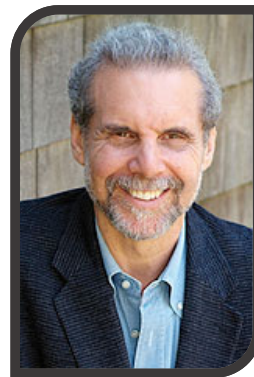
Harvard University, Stanford Research Institute, Carnegie Foundation 2018

Emotional Intelligence



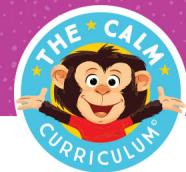
FACT

Analytical intelligence (IQ) accounts for only 10% to 15% of job success and life success..... 85%-90% is dependent on Emotional Intelligence (EQ).



Daniel Goleman

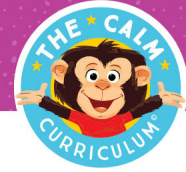
Children Can Learn These Skills



We also know that we can support our children in developing social and emotional skills just like their other developmental areas.

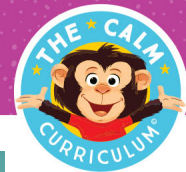
There are five areas of development, let's consider how we respond to each of these learning areas as our children are developing new skills.

Areas of Child Development

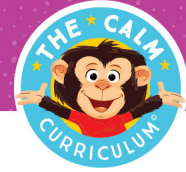


- **Physical:** Big and small muscle movement
- **Speech and Language:** Communication
- **Cognitive:** Thinking Skills
- **Social:** Interactions with Others
- **Emotional:** Understanding and Managing Emotions

The Gift of the No Blame Zone...



Self-Awareness

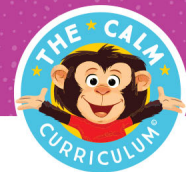


The ability to recognize ones own emotions, thoughts and values and how these influence our behavior.



(CASEL)

Self-Awareness



How good are you at identifying your own emotions?

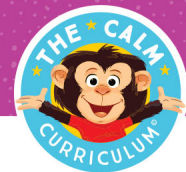
Self-Awareness



CALM Curriculum® 2019. For more information, contact fvcdc.org

Fraser Valley Child Development Centre

Self-Management



Self-Management, Self-Regulation: The ability to successfully regulate one's emotions and thoughts and behaviours in different situations (CASEL) as well as amongst environmental demands.

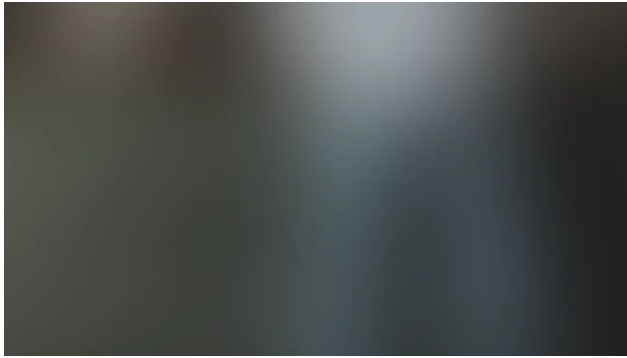
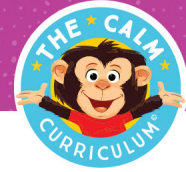
This includes "...the control of body temperatures, heart rate, respiratory rate, involuntary body movements, and arousal level".

(Coleman, 2006, p. 361).

CALM Curriculum® 2019. For more information, contact fvcdc.org

Fraser Valley Child Development Centre

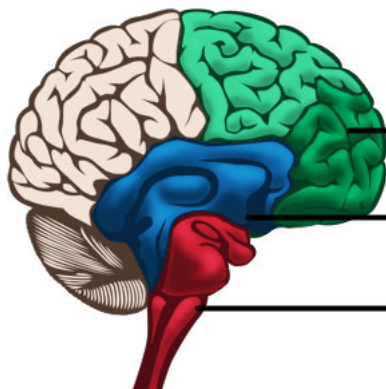
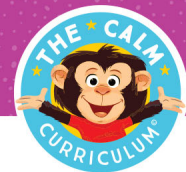
What if Adult's Had Temper Tantrums



BuzzFeed. 2013. What If Adults Had Tantrums Like Toddlers? Retrieved from:

https://youtu.be/mZl_rCjTsg

Understanding the Brain



Executive State
Prefrontal Lobes
What can I learn from this?

Prefrontal Cortex: Upstairs Brain

Emotional State
Limbic System
Am I loved?

Limbic Brain - Stairway

Survival State
Brain Stem
Am I safe?

Reptilian Brain - Downstairs Brain

Hypersensitivities



1 in 5 children are hypersensitive to their environments due to genotypical differences.

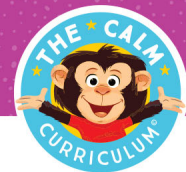


Ellis and Boyce 2005

CALM Curriculum® 2019. For more information, contact fvcdc.org

Fraser Valley Child Development Centre

Executive Functioning



To self-manage or self-regulate we need to be able to access our executive functioning and metacognitive skills...however...when we are stressed our executive functioning and metacognition becomes compromised.

Executive Functioning -refers to a "...family of control functions needed when you have to concentrate and think, when acting on your initial impulse might be ill-advised" (Diamond, 2012, p.335).

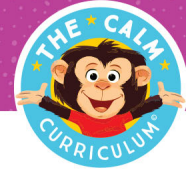
Executive Function Skills include:

- Inhibition, Cognitive Flexibility and Working Memory

CALM Curriculum® 2019. For more information, contact fvcdc.org

Fraser Valley Child Development Centre

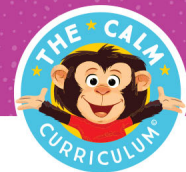
Understanding Emotions



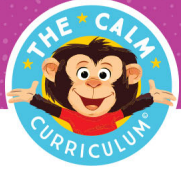
Dr. Brene Brown on Blame. Retrieved from:

https://youtu.be/RZWf2_2L2v8

Connection



“The problem is, children have a profound need for connection. Decades of research in attachment demonstrate that particularly in times of distress, we need to be near and be soothed by the people who care for us.” Dr. Dan Siegel



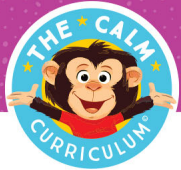
*** the ***
CALM

**EARLY CARE
 & LEARNING
 FRAMEWORK**

CALM Curriculum® 2019. For more information, contact fvcdc.org

★ Fraser Valley Child Development Centre

The CALM before the storm ...




What we knew:

- Current research: UBC HELP, Harvard, & more
- Significant increase in referrals

Catalyst for change

- Build capacity of the big people in young children's lives.

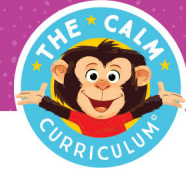
Launched The CALM Curriculum (2013)



CALM Curriculum® 2019. For more information, contact fvcdc.org

★ Fraser Valley Child Development Centre

The CALM during the storm ...



Then there was the COVID-19 Pandemic

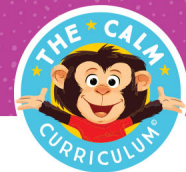
- Greater concern for children's social emotional vulnerability because of the pandemic.
- We needed to mobilize the CALM Early Care & Learning Framework.



CALM Curriculum® 2019. For more information, contact fvcdc.org

★ Fraser Valley Child Development Centre

The Framework



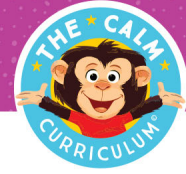
The CALM Early Care & Learning Framework encompasses curricula that is play-based, skill building, strengthens relationships, and reduces stressors. The framework includes:

- The CALM Curriculum – Pre-K, Kindergarten to Grade 2
- The CALM Connection Parent/Caregiver Program
- Connect with CALM Seminar
- Melvin's Resources: Melvin's Tips, Melvin's Brain Builders.

CALM Curriculum® 2019. For more information, contact fvcdc.org

★ Fraser Valley Child Development Centre

The Stars!

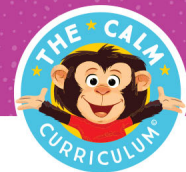


Melvin and his friends Tucker and Sadie.

CALM Curriculum® 2019. For more information, contact fvcdc.org

★ Fraser Valley Child Development Centre

The CALM after the storm ...



We learned to pivot (often)...

CALM needs to be more accessible.

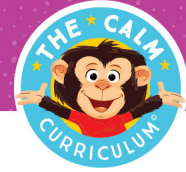
- Virtual Trainings
- CALM Learning Lab
- The CALM Curriculum App
- Interactive mobile activities
- Knowledge Translation Resources



CALM Curriculum® 2019. For more information, contact fvcdc.org

★ Fraser Valley Child Development Centre

Thank you!



The world as we know it has completely shifted and now there is an even greater need to support children's social and emotional development. Research continues to provide us hope that the brain can be resilient when nurtured through safe, calm and kind environments. We need to gift our children, parents, caregivers, and professionals with the capacity to cope with their stresses, self-regulation and social emotional well-being.....which in turn fosters a healthier world in which communities can thrive.