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Making the Same Movie

Flow of the Day • Shared Practice • Predictability

Self-Reg in the Early Years
With Crystal Carbino, RECE

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Purpose

We are not here to fix.
We are here to build alignment.

Today is about:

- clarity
- shared understanding
- making the day feel easier

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Strengths

- children are staying in learning brain
- strong co-regulation and relationships
- educators respond to stress with care
- even in hyperarousal, children are supported to down-regulate
- exceptional materials and environments
- outdoor spaces are above and beyond
- strong access to resources and support
- highly supportive adult-to-child ratios

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Big Idea

Children should not have to guess what kind of day they are walking into.

- Predictability = safety
- Consistency = regulation

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What We're Building

Shared Practice

- shared understanding
- shared expectations
- shared language
- shared responsibility

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Team Reframe

We all bring different strengths.

This work is about:

- growing confidence
- creating shared understanding
- making the day more predictable

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Flow of the Day

Where things feel hard:

- transitions
- unclear roles
- different responses
- uncertainty

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Flow Checklist

Consider:

- do children know what comes next?
- are transitions predictable?
- do adults respond in similar ways?
- does everyone know their role?

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Shared Roles Build Capacity

- roles need to be clear
- roles need to be shared
- roles need to shift over time
- everyone should have the chance to grow in confidence

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Example of Shared Roles — Infant/Toddler

With 3 educators:

- Educator 1: connection / co-regulation / floor support
- Educator 2: routines / caregiving / transition support
- Educator 3: environment / invitations / floating support

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Example of Shared Roles — Preschool

With 4 educators (preschool):

- Educator 1: floortime / co-regulation
- Educator 2: busy work / calm table / entry point
- Educator 3: invitations / inquiry / documentation
- Educator 4: care routines / meals / transitions / floating support

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Small Group Task

Focus on ONE moment in the day.

Bring your current flow.

Think about:

- roles
- routines
- transitions

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Step 1

Write:

- where do I feel most confident?
- where would I like more clarity or support?

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Step 2

Share:

- one part of the day that feels smooth
- one part that feels unclear

👉 everyone shares

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Step 3

Choose ONE moment

Where things could feel:

- clearer
- calmer
- more supported

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Step 4

As a team:

- what needs to happen?
- how can we support each other?
- what roles could exist?
- how can we take turns?

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Step 5

For the next week, we will try…

- one shared plan
- support each other
- check in and adjust

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Team Agreements

- everyone speaks
- no interrupting
- all ideas recorded
- **shared understanding before deciding**

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Infant Team

Reflect on:

- what routines feel calm and connected?
- where can we bring more consistency?
- how do we support each other?

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Share Back

Each team shares:

- the moment they chose
- the shift they will try
- how they will stay consistent

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Close

Small shifts. Shared practice. Big impact

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