



Moms on Last Day
of School



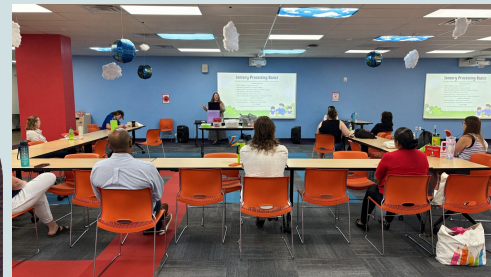
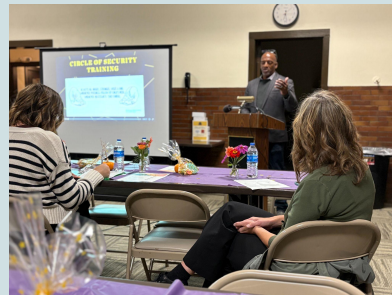


YOU ARE SAFE HERE

Early Childhood Coalition Communities of practice *Collaborative: Expertise, Compassionate Care, Lasting Impact.*

**The ECC Community of Practice is dedicated
to creating safe, caring, and empathetic
communities that empower children and
families to build strong relationships,
fostering a foundation for lifelong learning
through collaborative expertise and
compassion.**

Looking Back & Ahead



EVENT SPOTLIGHT

Learning Through Nature Play

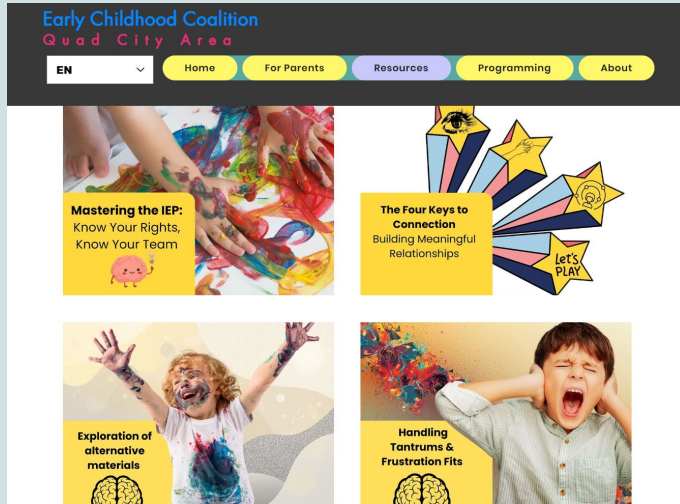
A landmark success on May 16th with our goal of 75 registrants. Keynote by Rusty Keeler on designing landscapes for deep childhood connection. 40 total educators received gateways credentials for this conference.



The event brought together diverse partners, including the Rock Island Regional Office of Education, EveryChild, SAL, United Township Career Center, Project Now, and The Quad City Botanical Center. The goal was to share resources, network, and celebrate the significance of our natural world.



Digital Thought Partner



Regularly updated eccaca.org with specialized resources: IEP guides, neuroscience-based co-regulation tools, and care handouts/printables for parents and educators. Collaborated with partners (Equip for Equality, Illinois Interagency Council on Early Intervention, Western Illinois University and others) to ensure accurate and beneficial resources.

Formal Collaboration



Worked very closely with Coalition members on implementing the Multilingual conference, Learning Through Nature Play Day, CD bootcamps, developing the R3 proposal for FY27 and more. Secured new MOU's for FY27 with local partners: UnityPoint, YWCA, Project NOW, P&J Tender Care, and the Regional Office of Education.

Reframing Kindergarten Readiness

Creating Adaptations for Routines and Activities

Access this learning module to explore each topic of CARA's Kit, from the introduction to the process to example adaptations.

About CARA's Kit: CARA's Kit, created by Philippa H. Campbell & Suzanne A. Milbourne and published in 2007, is designed for teachers and consultants who are involved in providing early care and education for children under age 6. CARA's kit contains information on how to make adaptations for individuals or groups of children who are experiencing challenges during everyday routines and activities.

CARA's Kit online was developed by Pennsylvania Early Intervention Technical Assistance with funding from the Pennsylvania Office of Child Development and Early Learning. CARA's Kit online is hosted by the Division for Early Childhood of the Council for Exceptional Children.

A Social Perspective

Moving beyond academic benchmarks, we are reframing readiness as being "**socialized to include others.**"

Utilizing individualized strategies to meet diverse student needs, ensuring no child is left behind in early development.

CARA'S KIT

Creating Adaptations
for Routines and Activities



Introduction to CARA's Kit & The Brain State Model

July 9, 2026

- The Neurology: Understanding the three Conscious Discipline brain states (Survival, Emotional, Executive) in relation to daily preschool routines.
- The Framework: Aligning Tier 1 (Universal Supports) of the Pyramid Model with foundational routine adaptations.
- The Practice: Identifying how CARA's Kit adaptations can help shift a child from a Survival or Emotional state into an Executive state.

Adapting the Physical Environment & The Survival State

August 13, 2026

- The Neurology: Exploring the brainstem's role in triggering "fight, flight, or freeze" responses in chaotic or overwhelming physical spaces.
- The Framework: Designing physical environments that promote engagement and reduce triggers (Pyramid Model Tier 1).
- The Practice: Using CARA's Kit to adapt classroom layouts, boundaries, and sensory inputs to foster a felt sense of physical safety.

Adapting Daily Schedules & The Emotional State

September 10, 2026

- The Neurology: The amygdala's role in emotional regulation during transitions, schedule changes, and drop-offs.
- The Framework: Fostering connection and relationship-building through highly predictable routines.
- The Practice: Implementing CARA's Kit schedule adaptations (visual timers, sequence cards, transition warnings) to build emotional security.

Adapting Activities & Executive Function

October 8, 2026

- The Neurology: Strengthening the prefrontal cortex—the center of focus, working memory, and impulse control.
- The Framework: Embedding targeted social-emotional supports within daily activities (Pyramid Model Tier 2).
- The Practice: Simplifying or breaking down activities using CARA's Kit to match the children's current cognitive capacity and prevent frustration.

Adapting Materials & Sensory Processing

November 12, 2026

- The Neurology: How the developing brain integrates sensory information, and the neurological impact of overstimulation.
- The Framework: Creating sensory-friendly Tier 2 interventions for children who easily become dysregulated during play.
- The Practice: Modifying specific materials (texture, size, weight) to accommodate diverse sensory profiles and fine motor needs.

Adapting Requirements & Reducing Cognitive Load

December 10, 2026

- The Neurology: The physiological stress response and how cortisol limits cognitive capacity and working memory in young children.
- The Framework: Adjusting adult expectations based on a child's current brain state as part of individualized behavior support plans (Tier 3).
- The Practice: Using CARA's Kit to alter task requirements and definitions of success to prevent emotional flooding.

Peer Support Adaptations & Mirror Neurons

January 14, 2027

- The Neurology: The science of mirror neurons and their role in developing empathy, imitation, and social learning.
- The Framework: Utilizing peer-mediated interventions to actively build social-emotional competence (Pyramid Model Tier 2).
- The Practice: Structuring peer support adaptations from CARA's Kit to foster cooperative learning and positive modeling.

Adult Support Adaptations & Co-Regulation

February 11, 2027

- The Neurology: The neurobiology of co-regulation—how an educator's calm brain state directly regulates a child's dysregulated brain.
- The Framework: The Conscious Discipline focus on the adult's role in shifting from a reactive state to a responsive state.
- The Practice: Applying CARA's Kit adult-support strategies (proximity, specific praise, physical scaffolding) to aid self-regulation.

Formulating Adaptation Plans & Neuroplasticity

March 11, 2027

- The Neurology: How consistent, targeted adaptations build new neural pathways and promote long-term neuroplasticity.
- The Framework: Integrating these adaptations into functional behavior assessments and comprehensive support plans (Pyramid Model Tier 3).
- The Practice: Working collaboratively to use the CARA's Kit decision-making process to design individualized plans.

Monitoring Progress & Dopamine's Role in Motivation

April 8, 2027

- The Neurology: Understanding dopamine's function in reward, motivation, and sustaining learning success.
- The Framework: Tracking behavioral shifts and data collection as neurological pathways strengthen over time.
- The Practice: Evaluating whether the implemented CARA's Kit adaptations are working, and adjusting them to ensure the child experiences success.

Outdoor Play Adaptations & Brain Integration

May 13, 2027

- The Neurology: How kinesthetic experiences and navigating uneven natural terrain support whole-brain integration and cross-hemisphere communication.
- The Framework: Utilizing the outdoors as a universal support environment for emotional regulation and relationship building.
- The Practice: Adapting outdoor routines and nature-based play using CARA's Kit to ensure equitable access and engagement for all children.

Year in Review: Building the Resilient Brain

June 10, 2027

- The Neurology: Reflecting on the neurological growth in self-regulation and executive function observed across the preschool cohorts.
- The Framework: Assessing the overall integration of CARA's Kit adaptations with the Pyramid Model tiers.
- The Practice: Celebrating successes, troubleshooting lingering challenges, and planning the next steps for the community of practice.



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LOGIN



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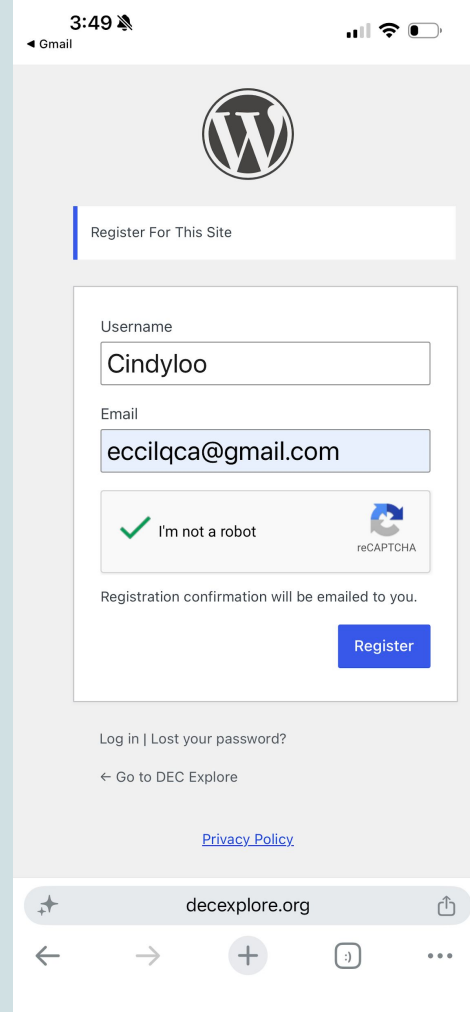
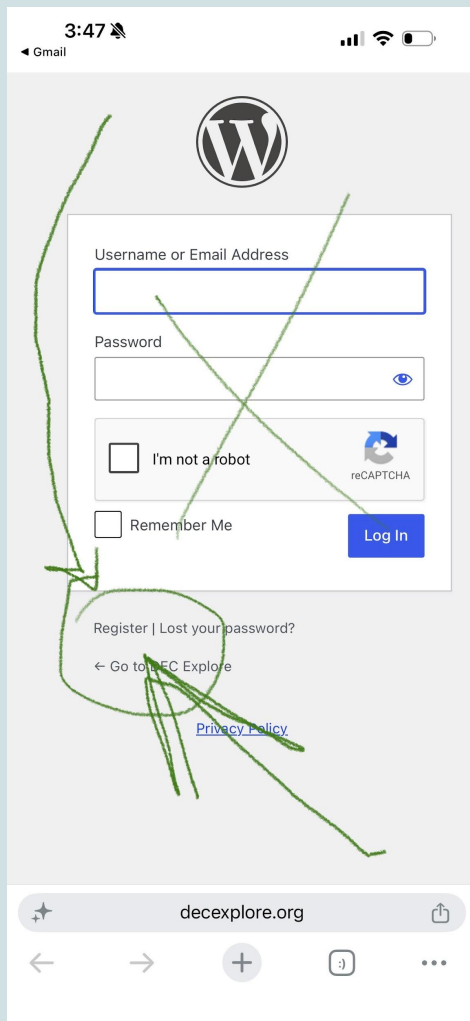
About Us

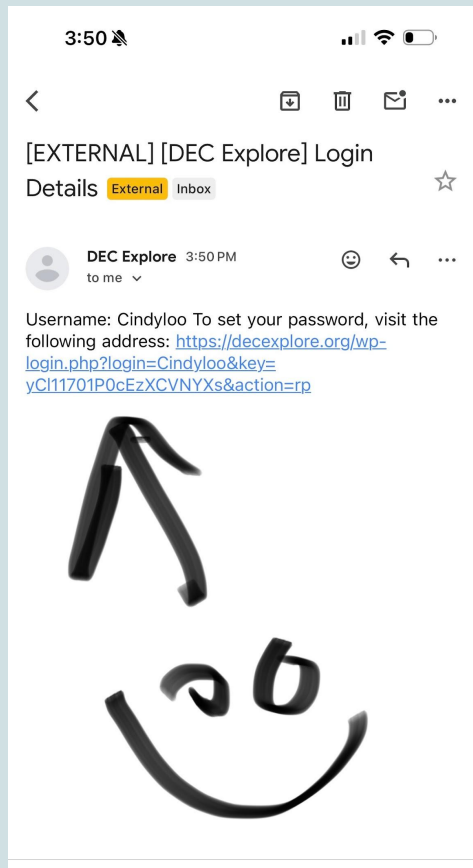
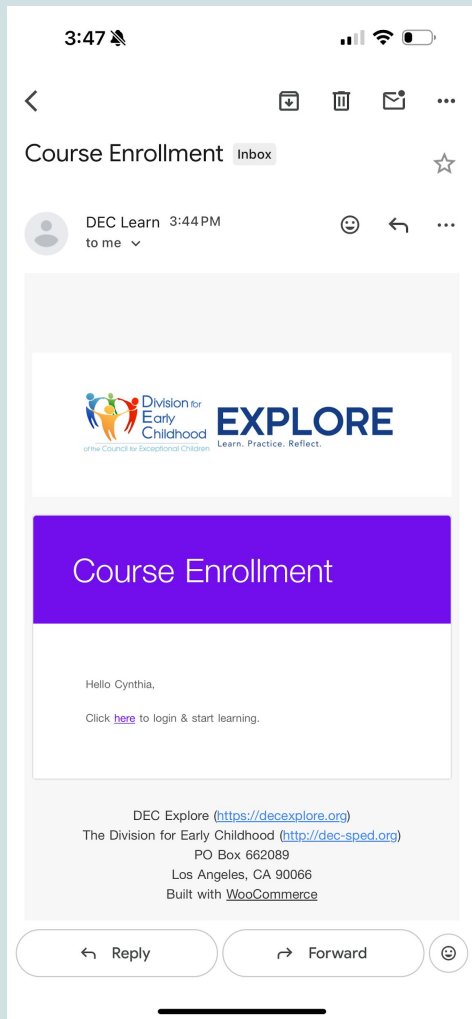
The Division for Early Childhood (DEC) promotes policies and advances evidence-based practices that support families and enhance the optimal development of young children (0-8) who have or are at risk for developmental delays and disabilities.

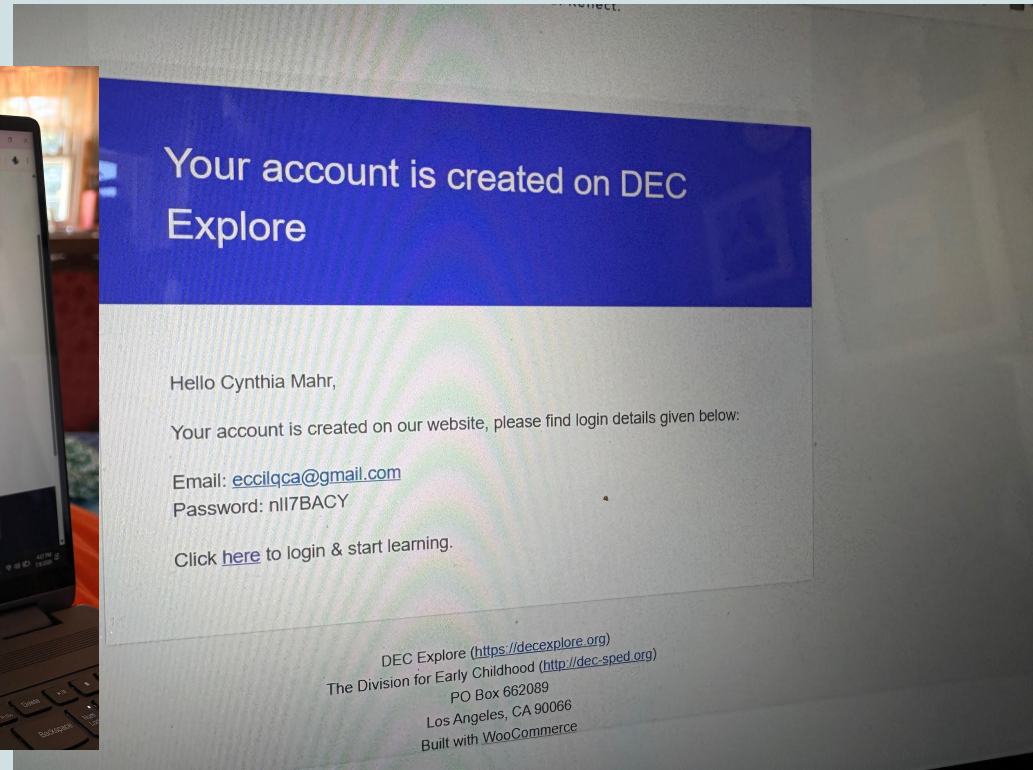
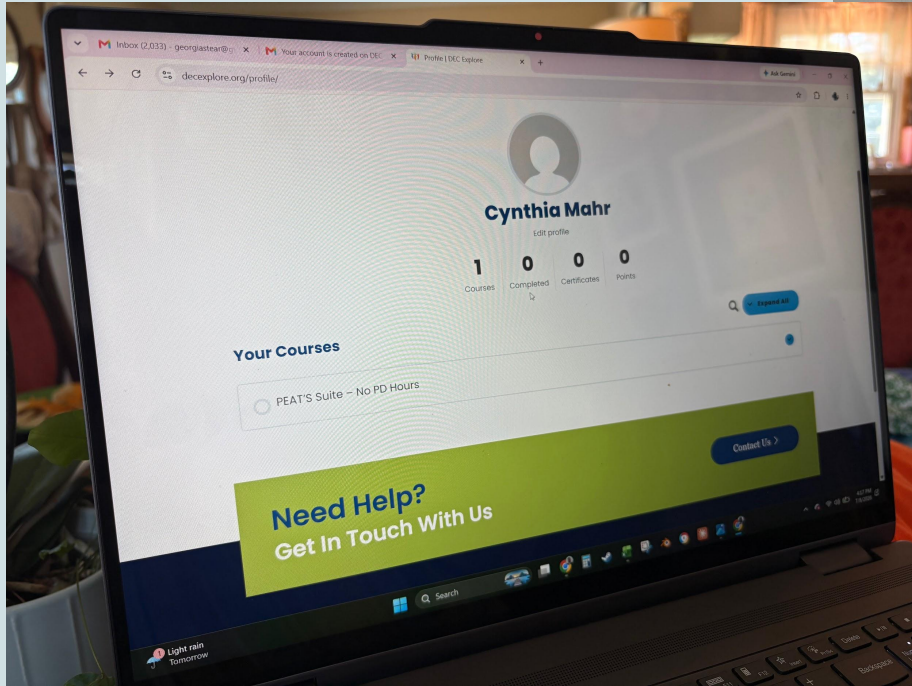


decexplore.org









PEAT'S Suite – No PD Hours

0/4 Steps

COURSE

MATERIALS

REVIEWS

PEAT's Suite Online: Self-Guided Module Physical Environment and Assistive Tools

Access this learning module for PEAT's Suite to explore and practice using environmental features, as well as universal, modified and specialized assistive tools.

About PEAT's Suite: PEAT's Suite, created by Suzanne A. Milbourne and originally published in 2018, is a comprehensive package of materials that helps service providers (educators, home visitors, therapists, etc.), families, and other stakeholders support the participation of young children with differing abilities in typical routines and activities. The acronym PEAT stands for Physical Environment and Assistive Tools.

PEAT's Suite Materials to accompany the online module are available in two different versions:

the Service Provider's Version Overview.
the Parent's Version Overview

If all else fails...

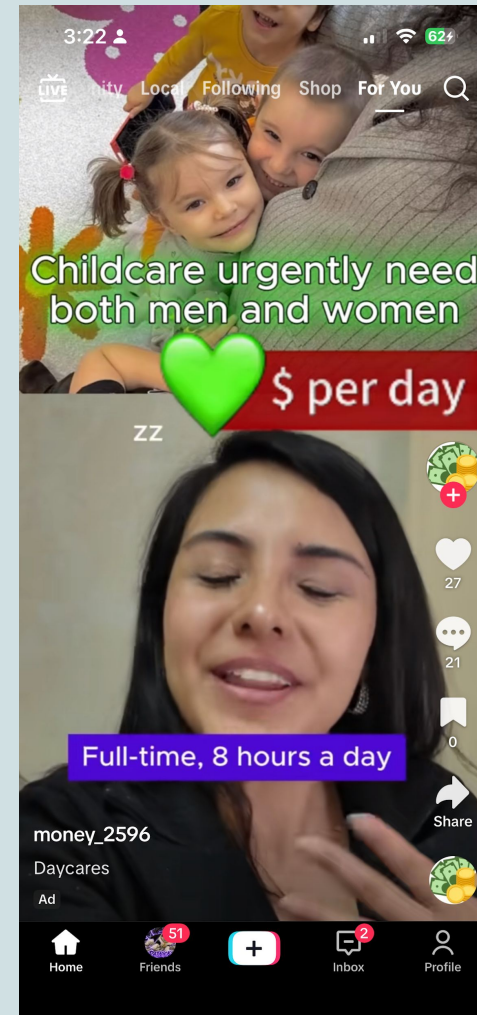
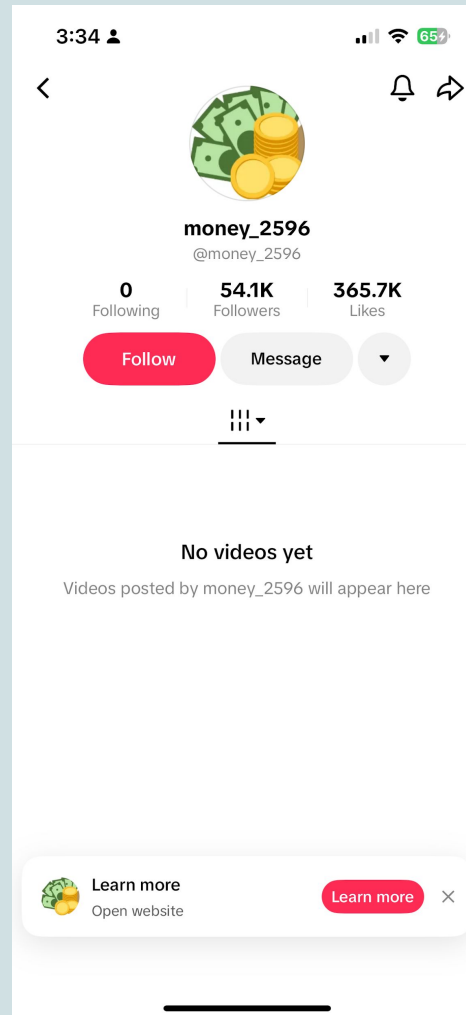
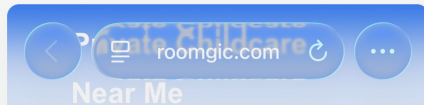
Email me and let me know– **I am here** to help!

georgiastear@gmail.com

Find Trusted Infant Daycare Near You: A Parent's Guide to Safe & Affordable Childcare in 2026

In recent years, searches related to "best infant daycare near me", "affordable childcare near me", and "licensed daycare centers" have increased significantly as more families look for flexible and trustworthy childcare solutions. This guide will help parents understand how infant daycare works, what to look for when choosing a center, and how to find high-quality childcare services that match both your family's needs and your budget.

Explore similar subjects



Every Mom This Summer



CAREY

Moms When The
Kids Get Them Sick



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STAY TUNED FOR
MORE DETAILS

SAVE THE DATE



**CECE AWARDS
2026**

THURSDAY

10.29.2026



EARLY REGISTRATION

