

COP-4 Keys to connection notes

Slides

1. Core Framework: The Four Keys to Connection

- **Website: Conscious Discipline - The Four Elements of Connection**
 - The official source for the framework used in the slides. It offers an in-depth analysis of how "Eye Contact, Presence, Touch, and Playfulness" rewire the brain for cooperation.
- **Video: Dr. Becky Bailey on Connection (YouTube)**
 - "Dr. Becky Bailey Connection vs. Compliance"
 - Excellent for showing *why* connection must come before correction.
- **Article: "Staying Present During the Holiday Season" (Desert Mountain Children's Center)**
 - Provides practical, parent-friendly examples of the Four Keys (e.g., "Phone Basket" for Presence, "Family Handshake" for Touch).

2. Nature Play & Risky Play (Rusty Keeler)

Since Rusty Keeler is our keynote speaker for the May 16th event, these resources will help you prepare for his "Risky Play" concepts!

- **Website: Rusty Keeler: The Play Architect (rustykeeler.com)**
 - *Relevance:* Features free resources on "Outdoor Loose Parts" and "Risky Play" to help educators audit their current playgrounds.
- **Book/Guide: *Adventures in Risky Play: What is Your Yes?***
 - *Relevance:* This is likely the core text for his session. It challenges teachers to define their own comfort levels with risk.
- **Video: "Saying Yes to Risky Play" (edWebinar)**
 - *Relevance:* A recorded webinar where Rusty explains how to "breathe through" risky play moments—perfect for training staff who are nervous about liability or safety.

3. Local Resources (Moline & Quad Cities)

Organization	Resource / Program	Relevance to Presentation
Early Childhood Coalition (ECC)	Mental Health Resource List	Check out our "Resources" for a vetted list of local counselors and support services.
All Our Kids (AOK) Network	Rock Island County Network	Located in Moline (524 15th St). They focus on systems-building for 0-5-year-olds and can connect families to home visiting and health screenings.
EveryChild	Safe from the Start	Provides free therapy for children 0-5 exposed to trauma/violence. Crucial for the "Safety and Trust" section of your slides regarding dysregulated children.
Quad City Botanical Center	Children's Garden & Explorers Club	A local "field trip" destination in Rock Island that models the <i>Nature Play</i> concepts. Their "Mississippi River" water play area is a great example of a "Yes" environment.
Project NOW	Head Start (Moline/E. Moline)	Partners for low-income families. They offer "school readiness" programs that align with the "Willingness to Learn" goal in your slides.

Center for Youth & Family Solutions	Crisis Response & Counseling	Partnered with the Moline Police for social work interventions. A key referral for families in high-stress situations, preventing "connection".
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4. Academic Journals & Evidence

- **"Healthy childhood development through outdoor risky play"** (*Paediatrics & Child Health, 2024*)

 - *Key Finding:* Risky play increases socio-emotional skills and sense of belonging, directly supporting your slide on "Emotional Safety".
- **"Eliminate Barriers to Risk Taking in Outdoor Play"** (*Teaching Young Children, NAEYC*)

 - *Key Finding:* Discusses how outdoor play builds self-regulation and cognitive skills (the "Brain Integration" component of your model).
- **"Risky outdoor play in the early years"** (*International Journal of Environmental Research and Public Health*)

 - *Key Finding:* Explores how "sensation-seeking" play (speed, heights) helps children manage fear and anxiety, serving as a buffer against later anxiety disorders.