

# Bottles, Blankies and Binkies

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# Love Languages

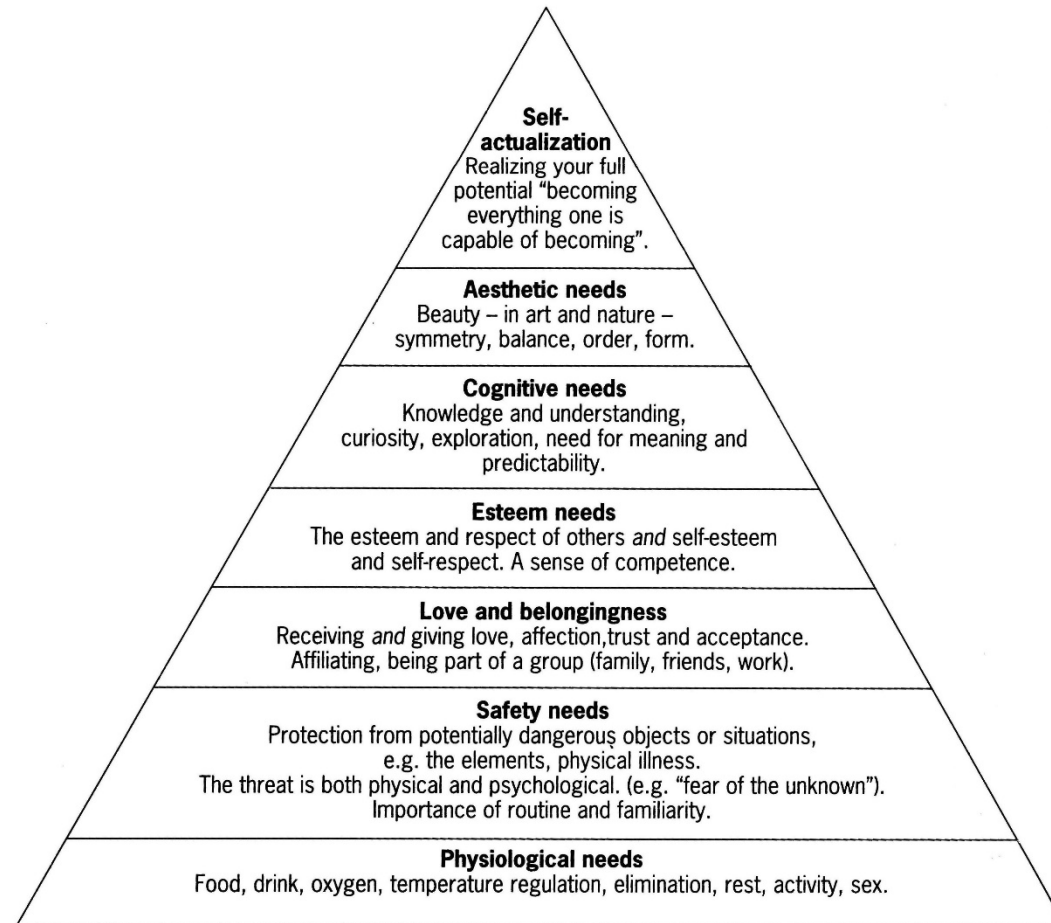
- Touch
- Affirmation
- Gifts
- Service
- Quality time

# Truth About the 3 B's:

- Adults have the ability to reduce stress and anxieties by filling their self-care and wellness toolbox.
- Children have limited capacity to fuel their mind, body and spirit without an adult's help.
- We can be their power of one! How can we support and move forward with the 3 B's?
- So how, as adults, do we help to fill their toolboxes
  - Meet needs for physical and emotional safety, belonging, support, nurturance, self-regulation, and reassurance.

# Safety and Belonging:

- Belonging is more essential to humans than our most basic needs



# How do I change my state of alertness?

- Put something in my mouth (oral motor input) – Supporting Sense
- Move (Vestibular & Proprioceptive input) – Fundamental Sense
- Touch (Tactile input) – Fundamental Sense
- Look (Visual input) – Supporting Sense
- Listen (Auditory input) – Supporting Sense
  
- Self regulation is promoted by sensory experiences!
- Smell is the fastest way to get people to calm. Scent goes immediately to the limbic system (emotions part of brain) where everything else is filtered cognitively.

“Healthy development of the brain proceeds from the primitive to the complex (from reptilian to limbic to neocortex) provided certain basics are present:

1. Responsive nurturing
2. The avoidance of stress
3. The presence of secure emotional relationships

If these basics are missing, the result can be the over-development of the reptilian brain which keeps the child in a constant “hyper” state (fight, flight, freeze). The domination of the survival-oriented part of the brain interferes with healthy brain growth and development.”

-Mogar, Nkahata, Rico

# Teacher vs. Parent

How can we, as teachers, help children and parents with this attachment piece?

- How do we talk to parents?
- How do we give them information?
- How do we support the attachment of these items in our classroom?
- How do we sit with our own thoughts about the 3 B's without judgement, rejection and manipulation.
- Use time and patience ALWAYS!

# Myths:

Now that we have this new information, what myths can we crack?

- Blankies?
- Binkies?
- Bottles?