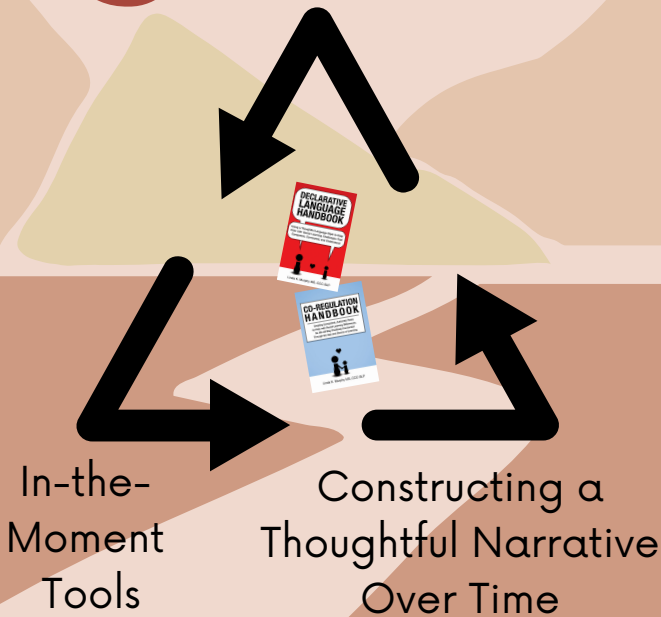
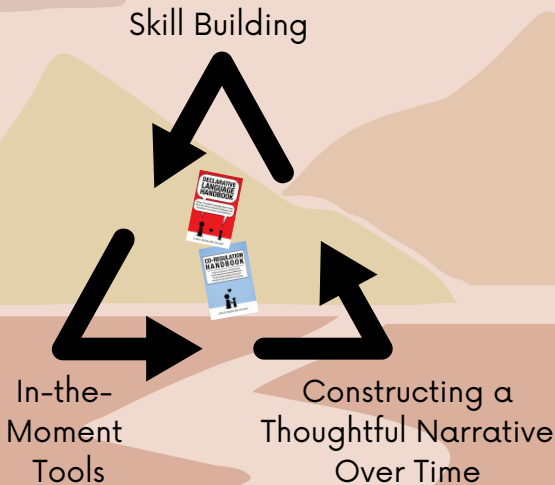


A Framework for Teaching with Declarative Language & Co-Regulation

Skill Building

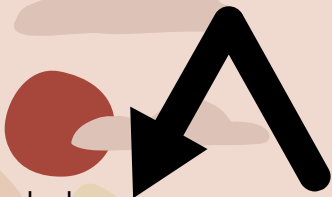


A Framework for Teaching with Declarative Language & Co-Regulation



Within each area we use Declarative Language and Co-Regulation in different ways, but each interacts with each other.

Skill Building



This includes:

- **Deciding which skill you want to work on with your learner.**
- **Finding Competent-Authentic-Contingent Roles within that skill.**
- **Adjusting Your Level of Support as you go.**


What you work on is always up to you. And it is possible to work on more than one thing at a time. But it will be helpful to identify & break down one area at a time, so you know what you are going for, and can observe and feel progress over time.

**A Framework for Teaching with
Declarative Language & Co-Regulation**



In-the-Moment-Tools

These include:

- 
- **Declarative Statements that Mirror or Validate**
 - **Silence & Processing Time**
 - **Identifying Competent - Authentic-Contingent Roles in the Moment**
 - **Thoughtful Limit Setting**
 - **Declarative Statements that Model Self Advocacy**

While working to build new skills, we need tools in the moment to help our learners regulate when emotions are escalating, to set thoughtful limits when this is called for, and to help with positive forward momentum when under time constraints.

**A Framework for Teaching with
Declarative Language & Co-Regulation**

Constructing a Thoughtful Narrative Over Time

This includes:

- **Episodic memory**
- **Using DL + processing time to remember together, plan ahead as a team, & store important memories in the present**
- **Using DL to build self-awareness**
- **Using CR to establish memories as a team across the past, present & future**
- **Using DL + CR to strengthen your emotional connection over time**



We are creating a narrative with our learner that will develop over time. This means, we are planning ahead when possible, reflecting back to decide how & when to change things up, & making a point to store important memories in the present. Sometimes we include our learner in this process, but sometimes it is OUR planning & reflection that is most important.