



# Connect Your Way Throughout the Day with I Love You Rituals™

Audience: Infant/Toddler

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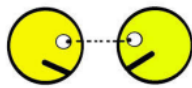
## Why Connection Is Important:

- ♥ Connections on the outside (with other people) build neural connections on the inside.
- ♥ Connection wires the brain for impulse control and willingness.
- ♥ Face-to-face connection is the key to cooperation.
- ♥ Relationships are the foundation to all learning.
- ♥ All willingness is governed by relationships.
- ♥ Rituals soothe the lower centers of the brain and produce a calming effect.

## How We Connect:

### Ingredients of Connection

#### ♥ Eye Contact



#### ♥ Touch



#### ♥ Presence



#### ♥ Playful Situation



## STEP 1: Practice I Love You Rituals™

- ♥ The goal of *I Love You Rituals* is connection.



Wonderful Woman

♪ A wonderful woman lived in a shoe,  
She had so many children she  
knew exactly what to do.  
She held them, and rocked them,  
and tucked them in bed,  
“I love you, I love you” is what she said.



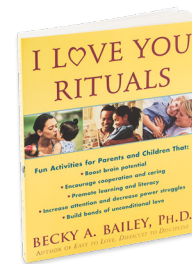
Three Nice Mice

♪ Three nice mice, three nice mice,  
See how they care,  
See how they care.  
They hold both hands and give a shake,  
Smiling together good friends they make!  
Then turning around for goodness' sake,  
Three nice mice, three nice mice!



Round and Round the Garden

♪ Round and round the garden,  
Goes the teddy bear.  
One step, two steps,  
Tickle under there!



- ♥ What other *I Love You Rituals* (songs, poems, finger plays, etc.) will you practice?

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## STEP 2: Plan

- ♥ When will you add them to your day?
  - Within the Daily Schedule and Daily Routines
  - Arrival/Dismissal
  - Diaper Changing/Restroom
  - Meal Times
  - Nap Times
  - Transitions
  - Other \_\_\_\_\_



### PLANNING NOTES

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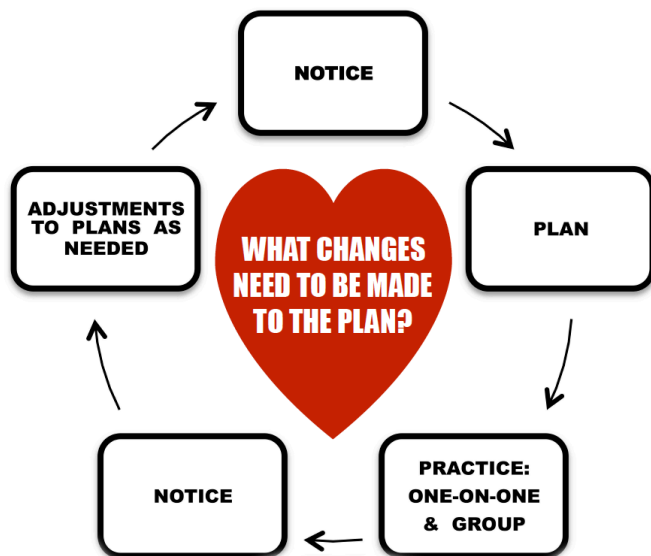
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## STEP 3: Ongoing Implementation

- ♥ What changes need to be made to the plan?
  - Are there children that need some extra connection due to life challenges?
  - Which *I Love You Rituals* do they really enjoy?
  - Teach the children how to connect with each other too.



### IMPLEMENTATION NOTES

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# My Plan for the First Six Weeks

WEEK	MATERIALS
<b>Week 1:</b>	

# My Plan for the First Six Weeks

WEEK	MATERIALS
<b>Week 4:</b>	