

## CHOOSE LOVE

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**Choose Love Movement**

### THE GRATITUDE BREATH

When I need to change my thoughts and focus on what I am thankful for I can use a Gratitude Breath.

When I have Gratitude, I feel happy.



1. I put one hand on my heart.
2. I put my other hand on my belly.



3. I take a slow, deep breath in through my nose, filling my belly with air like a balloon.



4. Then I slowly breathe out through my mouth letting all of the air out of my belly.



Visit [ChooseLoveMovement.org](https://www.chooselovemovement.org) to learn more about the program and character values.

Ask your child, when and how did you practice Courage?

GRATEFUL

5. When I breathe in, I imagine warm air moving past my heart and into my belly.
6. When I breathe out, I imagine the air moving from my belly to my heart.



7. I take slow, big breaths in and out several times just like this...  
As I breathe in, I think of things that I am grateful or thankful for.



8. As I breathe out, I smile and imagine sharing that feeling of Gratitude with the world.

**Super Easy Pumpkin Bread** Don't forget to grab a spoon and finish off every last drop of the batter ... no raw eggs = gobble it up!

#### Ingredients:

- 3 1/3 cups sifted flour
- 2 tsp baking soda
- 1 1/2 tsp salt
- 1 tsp ground cinnamon
- 1 tsp cinnamon
- 2 1/3 cup sugar
- 3/4 cup oil (canola is a great choice!)
- 1/4 cup applesauce
- 2/3 cup water
- 2 cups canned pumpkin
- 1 cup chocolate chips
- Butter to grease pans

#### Directions:

1. Preheat oven to 350 degrees (F).
2. Grease three 9x5 loaf pans with butter.
3. Mix dry ingredients together.
4. Add remaining ingredients. Mix with spatula until smooth.
5. Fill each loaf pan approximately 1/3 full.
6. Bake for 45 minutes until a toothpick comes out clean. Starting at 30 minutes, check bread frequently as each oven is different
7. Cool on a drying rack, and then ENJOY!!!

Ask your child, which direction was your favorite?

## EASY RECIPE



Find more easy recipes at [mobtruths.com](https://www.mobtruths.com)

**PRO TIP:** These are also great as mini breads or mini-muffins!

## What is co-regulation and why is it important?

Has your child ever had a melt down or tantrum, talked back or been just plain miserable? Good, then you are like every other parent in the world. Do you ever wonder what to do in the moment?

Sometimes, we know what is causing the behavior, like denied access to a desired object, inability to express themselves, avoiding of a task, or maybe they are tired. Whatever the cause, everyone can experience frustration when the desired behavior does not take place on both ends.

Self-regulation is taught when an infant experiences something uncomfortable such as a soiled diaper or hunger. The infant will cry to signal her distress, resulting in the caregiver offering comfort. For children who were never taught, have neurological or cognitive delays, or have experienced trauma, they need more help to learn self-regulation.

Co-regulation is characterized by providing eye contact, gentle touch, soft voice and other soothing behaviors that your child appreciates. It is important not to leave a child to do this on their own so that we can show them what it looks like, how it feels and can offer support. In the same way an infant learns to self soothe, so can the child with a delay or trauma. Rather than leaving a child in their uncomfortableness, we know that supporting a child to co-regulate is not only more effective, but also teaches the child that their reaction can include self-regulation.

Some people will think we are then “giving in the behavior,” but it does not have to be a power struggle. Sometimes, a child just needs someone to offer a loving touch to help them express their discomfort or calm themselves.

**To learn more about co-regulation**, please visit the links below for more information if this sounds like your home.

- [ZeroToThree.org](http://ZeroToThree.org)
- [Edutopia.org](http://Edutopia.org)
- [UNC Frank Porter Graham Child Development Institute](http://UNC Frank Porter Graham Child Development Institute)

## FROM THE CLINICIAN



## Homemade Pine Cone Bird Feeders

### Supplies:

- Pine cones - look for those that are open to make spreading easier!
- Bird seed
- Peanut butter - don't be afraid to buy off-brand peanut butter - the birds won't mind!
- Twine

### Directions:

1. Cut a length of twine for each pine cone. The twine should be long enough to tie around the top of a pine cone and then hang from a tree branch (approx. 12-20)
2. Tie the twine around the very top part of the pine cone. NOTE: Do this first because doing after the pine cones are covered in peanut butter would be super messy.
3. Using a small spatula or butter knife, spread peanut butter over the pine cone. NOTE: A little goes a long way so you don't need a lot and the less you give the kids the less mess they make!
4. Pour some birdseed into a bowl wide enough for the pine cone. Roll the pine cone in the birdseed. You can also sprinkle birdseed directly onto the pine cone to make sure it is well covered.
5. Pick a spot and hang them up! Preferably in a place where you can watch the birds enjoy their treat.

## FUN CRAFT ✂



Ask your child, why do you think we used peanut butter for this craft?

Find more easy crafts at [freebiefindingmom.com](http://freebiefindingmom.com)