

The SELF Practices

PRACTICE	METHOD	OUTCOMES
Following (Marte Meo®)	Be in my world - notice my ideas! I'm a unique and important person, my ideas are important, others are interested in me, the world is enjoyable.	Develops play skills, self-registration, self-confidence, self-awareness, language and communication through experiencing healthy serve and return experiences.
Linking & Lifting Up Social Information (Marte Meo®)	Help me to notice the world of my friends! Other people are predictable and enjoyable, I can see the world of other people, I'm part of a bigger picture.	Develops empathy, self-registration, turn taking and cooperation skills.
Positive Leading (Marte Meo®)	Lead me through new tasks, ideas or concepts, support me step by step. I'm capable and competent, others will help me at my pace, the world is interested in my skills.	Develops attention, concentration, resilience and determination by preparing the child to focus, plan and sequence.
Purposeful Play (Sunshine Circles®)	Activate my development through the power of purposeful play. My core needs are met, so I can explore and enjoy my world. I see joy, experience joy, therefore am joyful.	Develops secure relational experiences through joyful, reciprocal play experiences.
Correcting & Signposting for Success	Help me to understand the world and guide me towards helpful / safe / friendly decisions. I'm worth keeping safe, I'm worthy, others can communicate with me in a helpful manner, the world is co-operative and predictable.	Develops relational problem solving skills, reasoning skills, distress tolerance, interpersonal skills, sense of co-operation.
Co-Regulation	Be with me throughout every emotion! Emotions are OK, I'm not alone with my emotions, adults are safe and will help me, others will be loving and responsive, the world is containing.	Develops an ability to notice, name and safely express emotions, integrate emotions into daily life.

