EEP: A Safe and Nurturing Learning Environment

That's what EEP is all about! We believe that the best way to handle difficult behaviors is to work proactively and creatively to avoid having them happen in the first place!

 We want your child to feel special, cared for and learn as much as he/she can each day. To do this, we'll provide a host of engaging activities. We'll have a consistent schedule and teach a few clear classroom rules to make sure your child feels safe and secure.

Take A Break!

With little ones, feelings often get so big that it's impossible for them to make a good choice. We have a "break area" in the classroom just for that purpose. When a child is having a VERY big feeling and cannot calm him/herself/make a good choice, we encourage them to take a short break. We also encourage children to use the break area on their own to self-calm. Learning to calm oneself or "self-regulate" is a key goal in our EEP curriculum and beneficial for all children!

Emotion Coaching

Understanding their feelings and what to do when they're experiencing them is another way children feel safe and secure at EEP. EEP's teachers are trained to respectfully notice when children are having big feelings, to help them learn what those feelings are called, and to make good choices even at those hard times. To help with this, our teachers use an especially effective strategy called "Emotion Coaching".

We think Emotion Coaching is so important, in fact, that every fall, we include a short booklet in our back-to-school packets that outlines the five steps of Emotion Coaching. This helps EEP families better understand how you too, can use this powerful and effective technique *at home*. [Watch a brief video on what Emotion Coaching is all about.](#)

Your child's classroom has a supervisor who would be happy to answer any questions you might have about Emotion Coaching and how you can use it at home. If you need another Emotion Coaching booklet or have questions, please contact our office at (541) 485-0368 and we'll be happy to help.