

The Power of Consistency

Consistency allows for boundaries and expectations (guardrails) to be set which provides the child with a sense of safety.

Benefits of Consistency:

- Brain Wiring: repetitive experiences strengthen connections in the brain that tell them what to expect.
- Fostering Curiosity: Predictability creates calmness which allows the child to feel more comfortable and safe in exploring and learning about their world.
- Emotional Stability: Regulation: When there is consistency in a parent's action and response, a child is able to access the skills they possess and develop new ones. Consistent guidance helps to develop a child's emotional stability and trust.

The Power of Consistent Expectations/Guardrails:

- Children may get confused if expectations or guardrails change from day to day. Inconsistency can lead to power struggles, which in turn can create situations where both the adult and child experience frustration and dysregulation.
- Children are developing skills and an understanding of how to meet their needs. This involves the concept of cause and effect, which means they are learning they can make things happen when they do something. A consistent response and reaction help the child develop new, and reinforce current, skills.
- When guidance is needed, remaining calm and confident, messages to the child that they are safe and do not need to engage in a power struggle to meet their needs. Be consistent. For example, if you said you will leave a store if your child is having big emotions because you said "no," then follow through and calmly leave the store. This teaches the child that big emotions happen and may not meet their needs. This opens the opportunity to guide the child to find a new way to get their needs met.

The Power of Consistent Routines:

- Routines are activities that happen about the same time and in the same or similar way every day. Consistent routines foster a feeling of safety and security. When a child experiences a consistent routine, they are able to predict what will come next.
- Predictability helps the child develop independence and thus confidence in their current abilities. This confidence creates the space to develop more skills.

(No Title)

Curiosity	results in	<i>Exploration</i>
Exploration	results in	<i>Discovery</i>
Discovery	results in	<i>Pleasure</i>
Pleasure	results in	<i>Repetition</i>
Repetition	results in	<i>Mastery</i>
Mastery	results in	<i>New skills</i>
New skills	lead to	<i>Confidence</i>
Confidence	contributes to	<i>Self esteem</i>
Self esteem	increases	<i>Sense of security</i>
Security	results in	<i>More exploration</i>