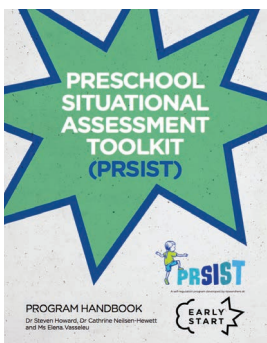


# ANATOMY OF THE PRSIST PROGRAM

The Preschool Situational Self-Regulation Toolkit (PRSIST) Program aims to engage, challenge and extend children's self-regulation in ways that are play-like, low-cost, routine, and target all aspects required for successful self-regulation (i.e., goal setting, motivation, problem solving, self-regulatory capacity). Specifically, the PRSIST Program is a collection of professional learning videos (PRSIST Talks), Adult Practices, low-cost, play-based and everyday Child Activities, and home connections to support the development of children's early self-regulation. This page provides a snapshot of the program elements, which are most essential, and their recommended timing and frequency to help introduce you to the program and its supporting materials.

## Essential Program Elements



### PRSIST Program Handbook

An overview of all adult practices and child activities that comprise the PRSIST Program, with relevant links to the EYLF.

**Adult Practices:** A collection of core principles to support children's self-regulation, and associated practices.

*Suggested Timing/Frequency: Embed adult practices daily and in routines (the more you do these, the more pronounced the benefit is likely to be).*

**Child Activities:** A collection of child activities to engage, challenge and extend children's self-regulation.

*Suggested Timing/Frequency: Flexible, but at least three per week (the more you do these, the more pronounced the benefit is likely to be).*

### Online Professional Learning

A collection of nine brief online videos to support and elaborate the adult practices, housed on our [www.prsist.com.au](http://www.prsist.com.au) website.

*Suggested Timing/Frequency: Within first two months of program or on induction for new staff, and annual refresher as needed.*



### Wall Calendar Sticker Chart

To capture information on which activities are done and at what frequency, each month. Just place an activity's sticker on the date that you do that activity.

*Suggested Timing/Frequency: Whenever you do an activity, place that activity's sticker on the associated date on the calendar.*

# Preferrable Program Elements

## Parent and Caregiver Newsletters

We have written monthly parent newsletters to give parents essential background on self-regulation, and to give them suggestions for how they might further support self-regulation at home.

*Suggested Timing/Frequency: Monthly over the course of 6 months.*



## PRSIST Formative Assessment

An observation tool to understand a child's progress in their development of self-regulation. This assessment and its training module are housed on our [www.prsist.com.au](http://www.prsist.com.au) website.

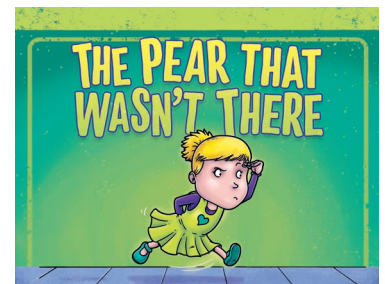
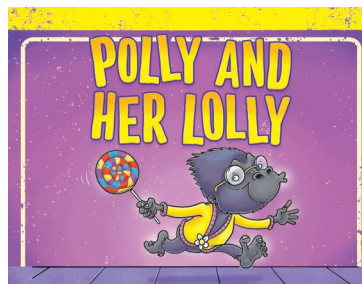
*Suggested Timing/Frequency: Flexible, but at least three activities per week (the more you do, the more pronounced the benefit is likely to be).*

# Optional Program Elements

## Children's Books

Three children's books that portray self-regulation challenges, and link to the child activities as a fun follow-up to story time.

*Suggested Timing/Frequency: Flexible, as desired or as an engaging way to set up one of the program's child*



## Additional Resources

Other useful resources include books that tell stories of persistence (e.g., The Girl and the Bicycle), perseverance (e.g., The Most Magnificent Thing, Just a Mess) or emotional challenges (e.g., Have you Filled a Bucket Today?). Other useful resources include books without any words (e.g., The Girl and the Bicycle, Journey). These are available on the [www.prsist.com.au](http://www.prsist.com.au) website, in the Early Start Discovery Space gift shop, through the publisher ([www.ceratopiabooks.com.au](http://www.ceratopiabooks.com.au)) or on Amazon.

*Suggested Timing/Frequency: Flexible, as desired or when required by one of the program's child activities.*

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