

Results Letter (toddler)

Dear Family,

The DECA-T is one of the many tools we use to help us get to know your child over the course of the year. The DECA-T is a strength-based assessment of a child’s Initiative, Self-Regulation, and Attachment/Relationships. Research shows these three strengths are a good foundation for long-term, social and emotional health and positive behavior. Below are the results of

_____’s DECA-T assessment

Completed by: _____

Initiative

a child’s ability to use independent thoughts and actions to meet his or her own needs

_____ Needs support.
_____ Scored typical.
_____ This is a strength.

Self-Regulation

a child’s ability to actively control arousal and his or her response to it

_____ Needs support.
_____ Scored typical.
_____ This is a strength.

Attachment/Relationships

a child’s ability to promote and maintain mutual, positive connections with significant adults

_____ Needs support.
_____ Scored typical.
_____ This is a strength.

We will work together to continue to strengthen all of these areas and to increase positive behavior for school and life success.

Sincerely,

Parents Make the Biggest Difference in Strengths for Living and Learning

The following strengths help a child to be more open to learning, enjoy interacting with others, and coping with difficulties in life.

INITIATIVE

This is the child's ability to try new things and to do things for herself. You can see initiative grow very quickly at this age. You see it when your child does not want you to help even if she seems to need it. You see it when she does something she would not even try just yesterday.

Grown-ups can help build this strength by letting their child:

- show concerns for other children
- try to comfort others
- play make-believe
- try to clean up after him or herself

SELF-REGULATION

This is the ability to have strong feelings, and to express those feelings in healthy ways. It helps a child choose right from wrong. With self-regulation, your child can tell you what is upsetting him without a tantrum. At school he will be able to ask for help and not give up. He will find learning and getting along with other children will be easier.

Grown-ups can help build this strength by:

- handle frustration well
- accept another choice when the first choice is not available
- adjust to changes in routine
- calm him or herself
- easily follow a daily routine
- have regular sleeping patterns

ATTACHMENT/RELATIONSHIPS

A child learns to promote and maintain mutual, positive connections with significant adults, thus fostering healthy bonds. This strength is also the key to how the child feels about herself. It opens her up to try new things and look to others for friendship or help.

Grown-ups can help build this strength when they:

- show affection for familiar adults
- smile at familiar adults
- act happy with familiar adults
- show pleasure when interacting with adults
- smile back at familiar adults

For more tips on building these important skills, refer to *Promoting Resilience For Now and Forever: A Family Guide for Supporting the Social and Emotional Development of Infants and Toddlers, Second Edition*, or talk with your child's teacher