

Hand in Hand: Empowering Adults, Nurturing Children.

Discover a pioneering approach that has supported parents, educators & professionals for over 30 years.





In order to achieve breakthrough outcomes for children, we must actively build the self-regulation skills, executive functioning, and mental health of the adults who care for them.

Frontiers of Innovation, Center on the Developing Child,
Harvard University

Our Solution

Hand in Hand meets the need for evidence-based resources & quality support for adults who care for children.

Supporting Children by Supporting Adults

Our 2-generational approach ensures adults have the capacity to support a child's emotional experience.

Peer-to-Peer Model Sustains Transformation

We build trusting communities and teach a sustainable model of ongoing adult support.

Theory of Emotional Functioning

Our paradigm-shifting understanding of emotions builds the foundation for self-regulation & emotional resilience.

5 Simple, Evidence-Based Tools

We teach flexible, easy to implement tools that can be used at home, daycares, schools, and medical offices.

Who Does Hand in Hand Work With?

Provide aligned education and support for all the adults in a child's early life

- Parents
- Educators & Administrators
- Childcare Providers & Caregivers
- Home Visitors
- Health & Wellness Professionals



Hand in Hand Helps Early Childhood Communities

**Enhances
Social-Emotional
Development**

**Strengthens
Home-School
Partnership**

**Meets Urgent
Unmet Educator
Needs**

**Buffers Against
Effects of Early
Adversity &
Toxic Stress**

Nurture healthy
attachments between
child & caregiver

33 years of parenting
support & educational
resources

Decrease stress &
burnout while
increasing emotional
well-being

Educators are a 'super
protective factor'
for children

Who We Are



34 Years of Evidence-Based Practice

Established in 1989, Hand in Hand Parenting's unique approach has helped build resilient families and supportive communities of parents and professionals around the globe.



250+ Certified Instructors

We have trained instructors across 5 continents, who serve their local communities by leading online classes, live talks, and support groups to parents and professionals.



1,000,000 Reached Annually

Our vibrant online community and resources reach more than a million parents and professionals every year.

Our Pioneering Tools



STAYLISTENING

Anchor children and provide co-regulation during high emotion.



LISTENING PARTNERSHIPS

Adult to adult exchange of emotional support.



SPECIAL TIME

One-on-one child-led play time to strengthen connection.



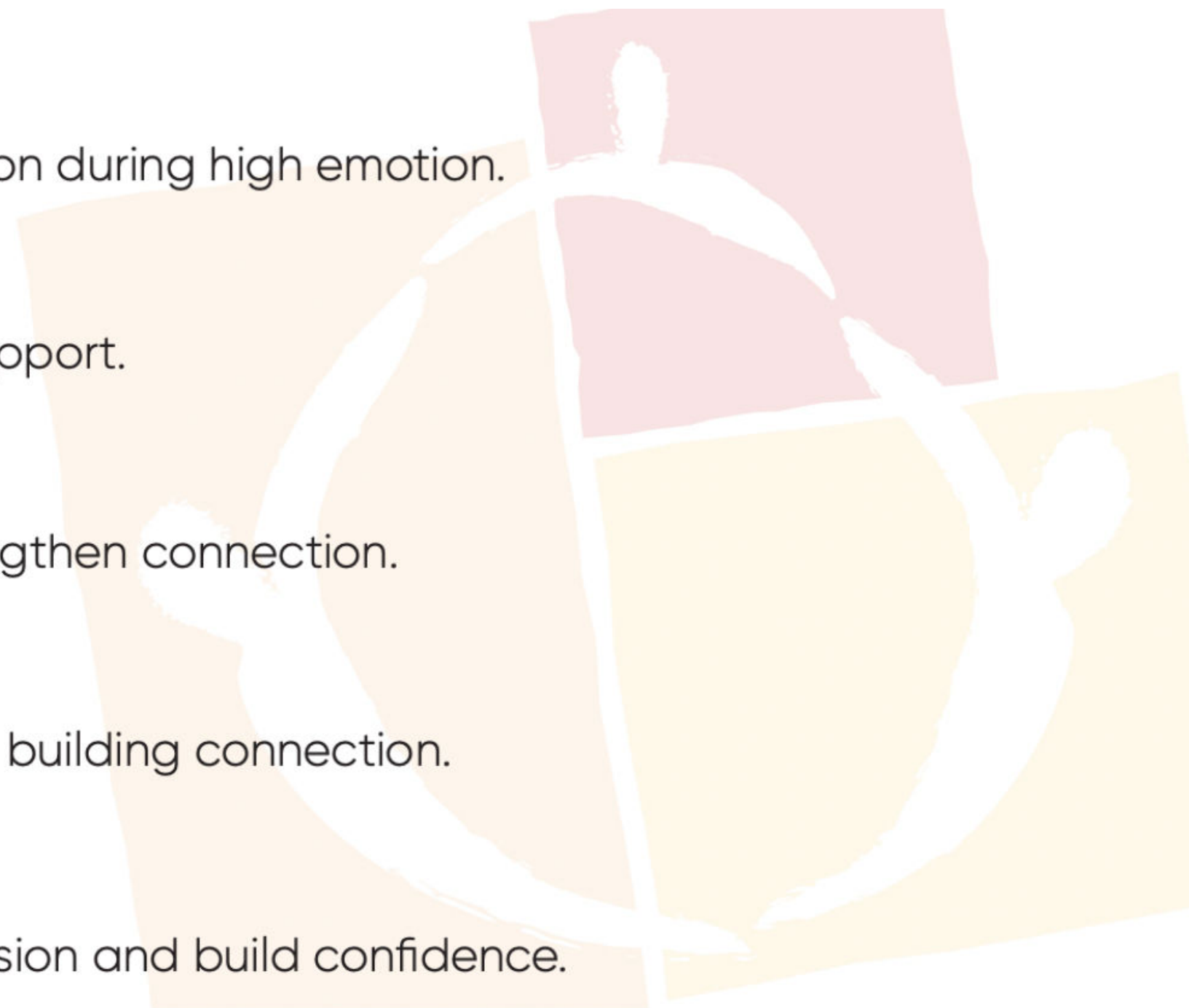
SETTING LIMITS

Effectively stop off-track behaviors while building connection.



PLAYLISTENING

Promote a child's laughter to release tension and build confidence.



Hand in Hand Training Outcomes

01

Professionals

- Decrease stress and isolation
- Increase sense of competence & job satisfaction
- Feel confident responding to children's emotions & behaviors

02

Children

- Increase self & co-regulation
- Increase cooperation with teachers & peers
- Increase teacher-child connectedness, safety & trust

03

Classrooms & Homes

- Increase positive classroom climate
- Find new ways of setting limits that build connection
- Increase parents' use of positive ways to support children's social-emotional development

Proven Impact

Educator Feedback

- **Increased confidence and competence** in responding to children's emotions & behaviors
- **A new understanding** of how emotions function & how listening positively impacts behavior
- **Greater self-awareness**, calmer, warmer, & more compassionate
- **Feeling less reactive** & more responsive
- **Improved quality of interactions** with families, children, & colleagues
- **Highly valued the support** from mentor calls & peer community



A School Leader's Story

In 1990, I began bringing the Hand in Hand approach to the 300-family preschool and after-school programs I owned and directed. I trained my preschool and school-age teachers in the approach, and changed my school procedures manual to introduce parents to it before they enrolled their children.

In 1996, the San Mateo County Department of Special Education was looking for a preschool in which to mainstream many children who were emotionally or developmentally challenged and in need of one-on-one support in the classroom. Of all the preschool programs in our county, they chose my school. Children on the autism spectrum, children with substantial developmental delays, and children with intense emotional issues were integrated into our classrooms, as were their Special Ed teachers and aides.

Parents, children, teachers, and aides were all very pleased. Dr. Bryna Siegel, Professor of Child and Adolescent Psychiatry at the University of California San Francisco, spent her career working with children with major emotional, neurological, and developmental challenges. She stated that she had never in her career seen results like we were getting in our preschool and after-school! Dr. Siegel referred families to our school. I feel that the results were directly due to the integration of the Hand in Hand approach into our philosophy, practices, and culture. I'm very proud of our decades of inclusion work, and of the outcomes we were able to achieve during those incredible 27 years.



A Teacher's Story

One teacher in a Head Start program who had attended our Professional's Intensive started using the Staylistening tool comprehensively throughout the day. They previously had a 'cool down' zone in their classroom called the 'Alone Zone' where kids would be sent to hang out and practice self-regulatory strategies when they needed to calm down. That didn't work very well. So they turned the 'Alone Zone' into a Staylistening place. Teachers would sit with the kids and they also set up Special Times in this area. The Special Times were 5 minutes maximum and made a positive difference. One child had arrived in the classroom and was having lots of big tantrums, knocking over other children's projects, lots of off-track behaviors, and was being disruptive and challenging with other kids. The teachers decided to take this approach of Staylistening and Special Time in the 'Alone Zone'.

They proactively put in five minutes of Special Time a day for a couple of weeks. When she was off-track they decided they wouldn't leave her alone at those times, and would go with her to the 'Alone Zone' to Staylisten. This child who had been knocking kids stuff over and having such a hard time was no longer doing that and no longer having those challenges. She began to offer other children 'Special Time' in the dramatic play area of the classroom. The 'Alone Zone' became so well liked they had to set up another one. These tools are effective and powerful even in small little chunks of connection. She told Hand in Hand that this tool had 'changed her life'!

Hand in Hand Courses

Bring pioneering tools to your school and the families you serve

Parents & Guardians

6-week course with weekly small group mentoring calls empowers parents & guardians with Listening Tools to create a trusting relationship, increase positive parent-child interaction & become the secure base a child needs.

Educators, Home Visitors & Child Care Professionals

8-week course with small group mentoring calls to learn Hand in Hand's five effective tools so they can decrease overwhelm, build peer support and access evidence-based strategies to help children learn and thrive.

Health & Wellness Professionals

8-week course with personalized mentoring calls for every member of a child's care team so they can provide useful, actionable information to empower families to grow closer, and move forward together.



Thank you for your interest!

To learn more about
Hand in Hand's Foundations Courses
visit [www.handinhandparenting.org/five-](http://www.handinhandparenting.org/five-tools-training/)
[tools-training/](http://www.handinhandparenting.org/five-tools-training/)

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