

WORD
OF THE DAY

Interoception

/ˌɪn.təˈrəʃən/

is the collection of senses providing
information to the organism about the
internal state of the body

**your child
cannot eliminate
waste on their
own if they do
not know they
need to.**

**your child
cannot regulate
themselves if
they do not know
what their body
is feeling.**

**your child
cannot nourish
themselves if
they do not
recognize that
they are hungry .**

**your child
cannot rest if
they do not
understand that
their body is
tired .**

**your child cannot
provide space,
know that they need their
jacket when it is cold, and
no winter hat when it is
hot, if they do not have
bodily awareness.**

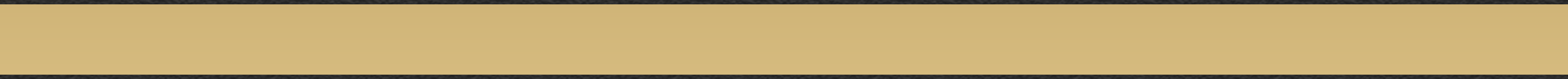
you can tell them these things.

You can insist that they follow your directives.

You can give consequences if they do not follow your directives.

**They still won't
understand.**

**They are only
learning to
comply.**



If you really want them to learn

- LET THEM MOVE FREELY
- PROVIDE AN ARRAY OF SENSORY ACTIVITIES
- LET THEM EAT WHEN THEY ARE HUNGRY
- LET THEM POTTY TRAIN WHEN THEIR BODY, EMOTIONS, AND PHYSICAL ABILITY IS ABLE



and let them **PLAY**

