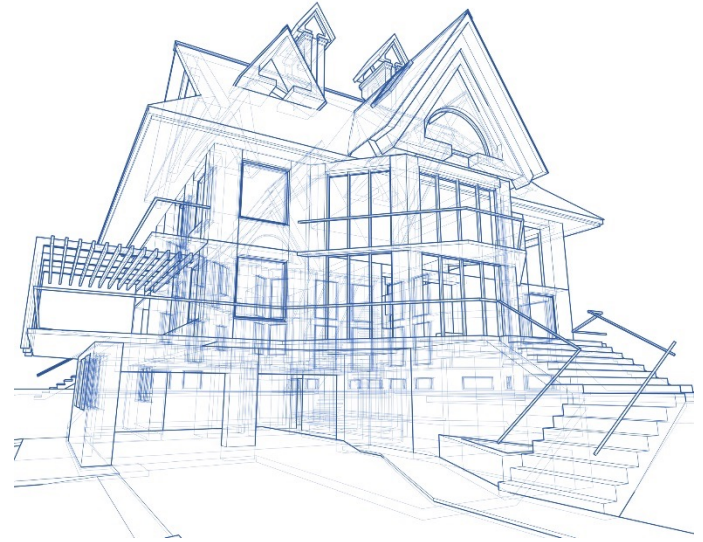


# Understanding the “Building the House Within” Guide

SIMMS/MANN INSTITUTE

# Our Mission and Goal

The Simms/Mann Institute Education Initiative recognizes that **early connections and emotional nurturance form the psychological blueprint for a lifetime.**



In order to address the social, emotional, and cognitive challenges of modern life, the Institute developed a Guide for the 21st Century focused on building resilience and healthy connections during the critical ages of 0-3.

# Our unique focus differentiates us from other early development initiatives...

- We are not offering a parenting “how to” or an early childhood development curriculum.
- Instead, we have created a psychological blueprint of the key areas of childhood developmental that affect the capacity to grow and mature.
- This guide is an **educational and self-reflective outline**. It is designed for individuals to acquire a better understanding of themselves so that they can develop the skills needed to adapt and manage the challenges that face modern families and communities.
- This Guide is meant to serve as a **tool** for parents, childcare providers, nurses, pediatricians...anyone who wishes to nurture meaningful relationships, help build community resources, and foster resilience in our future generations.



# What is the Guide?

The ***Building the House Within Guide*** draws from tried and tested theories of early childhood development as well as cutting edge research on learning and brain sciences.



This Guide explores six developmental areas – each of which contributes to the creation of a sturdy and flexible psychological structure: attachment and attunement, language and narrative development, temperament, self-regulation, self-organization, empathy, and playfulness.

# What is the House Within?

We use the image of a house as a *metaphor* for one's internal psychological space. The image of *building* a house refers to understanding how we create our inner world and for how we can explore (or walk through) that personal space.



# Building the House Within

We hope that this Guide will inspire you to become draftsmen in how you understand, organize, and redesign your own internal space – your “house within”– and how you help your child build his “inner house.”



# Why Did We Create the Guide?

## We live in a time and culture of constant change

- As a society we are absorbed and immersed in a dizzying array of technologies, which makes it challenging to be present and to connect authentically with one another.
- But the importance of **connection** – to family, school, and community – cannot be over-stated!
- Living in a world of change requires the skills to regulate and modify our behavior and responses so that we can manage and adapt to shifting circumstances and life's inevitable stressors.
- Developing a wide repertoire of adaptive coping strategies can serve as the anchor for resilience and intimacy throughout our lives.



# How to Use This Guide

We invite you to use the different sections of this Guide to open the door to your own childhood experiences, gaining insight into how these experiences might have impacted you – and how they might still be impacting your children.

**As you consider each topic, we hope it will inspire you to:**

- walk through your own inner house
- connect with your internal child
- explore your personal history and narrative
- explore new ways of thinking about your life experiences
- learn more about the developing brain and early childhood development





# Building the House Within Topics

- The knowledge you gain from this Guide, combined with the knowledge gained from self-reflection, will help you begin to build your own toolbox of positive adaptive strategies for growth and change.
- *Building the House Within* is the introduction – the front gate, if you will – to the topics we will explore throughout this Guide:
  - Tune Into Attachment & Attunement
  - Tune into Communication
  - Tune into Temperament
  - Tune into Temperature
  - Tune into Executive Functioning
  - Tune into Others
  - Tune into Play



So let's get started...and welcome home!