



MINDFUL FOUNDATIONS
WHAT EVERY CHILD DESERVES

**Mindful Foundations Curriculum Alignment with
NAEYC's Principles and Early Childhood Program Standards
(current)**



Aligning Mindful Foundations trauma-informed curriculum with the updated NAEYC principles involves integrating these principles into the curriculum design, teaching strategies, and overall educational philosophy. Below is an expanded view of how Mindful Foundations trauma-informed curriculum aligns with each of these principles:

NAEYC's Principles	Mindful Foundations
<p>1. Development and learning are dynamic processes that reflect the complex interplay between a child's biological characteristics and the environment, each shaping the other as well as future patterns of growth.</p>	<p>Mindful Foundations recognizes that development is shaped through the continuous interaction between a child's nervous system and their environment. Through trauma-informed practices, co-regulation, and consistent classroom rhythms, the curriculum intentionally creates environments that support neurological safety, emotional stability, and long-term patterns of healthy growth.</p>
<p>2. All domains of child development—physical development, cognitive development, social and emotional development, and linguistic development (including bilingual or multilingual development), as well as approaches to learning—are important; each domain both supports and is supported by the others.</p>	<p>Mindful Foundations takes a whole-child approach by integrating social-emotional, cognitive, physical, and language development into daily practice. By prioritizing emotional safety and regulation as the foundation, the curriculum strengthens each developmental domain while recognizing their deep interdependence in supporting lifelong learning.</p>
<p>3. Play promotes joyful learning that fosters self-regulation, language, cognitive and social competencies as well as content knowledge across disciplines. Play is essential for all children, birth through age 8.</p>	<p>Play is embedded as a central vehicle for learning within Mindful Foundations. Through guided and independent play, children develop self-regulation, social connection, language, and problem-solving skills in a joyful and developmentally appropriate way, supporting both engagement and meaningful learning.</p>
<p>4. Although general progressions of development and learning can be identified, variations due to cultural contexts, experiences, and individual differences must also be considered.</p>	<p>Mindful Foundations honors each child's unique developmental journey by emphasizing responsiveness over standardization. Through a trauma-informed lens, educators are equipped to recognize individual differences shaped by experience, culture, and adversity, allowing them to meet each child where they are with intentional support and care.</p>
<p>5. Children are active learners from birth, constantly taking in and</p>	<p>The curriculum positions children as active participants in their own development,</p>



<p>organizing information to create meaning through their relationships, their interactions with their environment, and their overall experiences.</p>	<p>learning through relationships, environment, and lived experiences. Mindful Foundations creates opportunities for exploration, reflection, and connection, empowering children to construct meaning and build skills through daily engagement.</p>
<p>6. Children’s motivation to learn is increased when their learning environment fosters their sense of belonging, purpose, and agency. Curricula and teaching methods build on each child’s assets by connecting their experiences in the school or learning environment to their home and community settings.</p>	<p>Mindful Foundations intentionally cultivates environments where children feel seen, valued, and connected. By fostering a strong sense of belonging, encouraging independence, and building relational trust, the curriculum increases intrinsic motivation and supports children in developing confidence, purpose, and agency in their learning.</p>
<p>7. Children learn in an integrated fashion that cuts across academic disciplines or subject areas. Because the foundations of subject area knowledge are established in early childhood, educators need subject-area knowledge, an understanding of the learning progressions within each subject area, and pedagogical knowledge about teaching each subject area’s content effectively.</p>	<p>Rather than isolating subject areas, Mindful Foundations integrates social-emotional development with early academic learning. By establishing a foundation of regulation and connection, the curriculum supports children in engaging across disciplines in a way that is developmentally appropriate, meaningful, and sustainable.</p>
<p>8. Development and learning advance when children are challenged to achieve at a level just beyond their current mastery and when they have many opportunities to reflect on and practice newly acquired skills.</p>	<p>Mindful Foundations supports development by providing intentional scaffolding through strategies like the Fade-Away Approach. Children are gently guided beyond their current level of mastery with consistent support, opportunities for practice, and a learning environment where mistakes are met with empathy and encouragement.</p>
<p>9. Used responsibly and intentionally, technology and interactive media can be valuable tools for supporting children’s development and learning.</p>	<p>Technology within Mindful Foundations is used thoughtfully to enhance teaching practices and reflection. Tools such as classroom observation and video reflection support educators in improving responsiveness and understanding of child development, ensuring that technology serves as a tool for growth rather than distraction.</p>



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Conclusion

Mindful Foundations aligns with NAEYC's Principles by offering a trauma-informed, relationship-centered approach that restores the foundation of early learning. By prioritizing safety, connection, and regulation, the curriculum creates environments where children are not only prepared to learn—but are equipped to thrive. This alignment reflects a deep commitment to equitable, responsive, and developmentally grounded practices that honor the whole child and strengthen the systems designed to support them.

***NAEYC does not endorse any curriculum.**



Aligning Mindful Foundations trauma-informed curriculum with NAEYC's Early Childhood Program Standards involves integrating these standards into the curriculum design, teaching strategies, and overall educational philosophy. Below is an expanded view of how Mindful Foundations trauma-informed curriculum aligns with each of these Program Standards:

NAEYC Program Standards	Mindful Foundations
1. Relationships: Creating a Caring and Equitable Community of Learners	Mindful Foundations centers relationships as the foundation of all learning. Through the L.O.V.E.E. method, educators intentionally build trust, emotional safety, and connection, creating classroom environments where every child feels seen, valued, and supported within a caring and equitable community.
2. Families and Community: Engaging in Reciprocal Partnerships with Families and Fostering Community Connections	Mindful Foundations fosters strong, reciprocal partnerships with families by prioritizing consistent communication, shared language, and collaborative support. The curriculum bridges home and school environments, empowering families to reinforce regulation, connection, and learning beyond the classroom.
3. Curriculum: Planning and Implementing an Engaging Curriculum to meet Meaningful Goals	Mindful Foundations provides a structured, trauma-informed curriculum that prioritizes emotional safety, regulation, and connection as the pathway to meaningful learning. Through intentional sequencing—foundation, regulation, and education—children are supported in reaching developmentally appropriate goals.
4. Teaching: Teaching to Enhance Each Child's Development and Learning	Teaching within Mindful Foundations is rooted in observation, responsiveness, and co-regulation. Educators are equipped to recognize underlying needs behind behavior and respond with empathy, consistency, and intentional strategies that support each child's individual development and learning process.
5. Assessment: Observing, Documenting, and Assessing Children's Development and Learning	Mindful Foundations utilizes a comprehensive, trauma-informed progress monitoring system that prioritizes both developmental and academic growth. Through ongoing observation, reflective practice, and intentional documentation, educators gain a deeper understanding of each



	<p>child’s needs, behaviors, and readiness for learning.</p> <p>Mindful Foundations utilizes a trauma-informed progress monitoring system that tracks the deeper indicators of a thriving learning environment. Built on a three-tiered framework, Tier 1 establishes emotional safety, trust, and foundational brain state awareness; Tier 2 advances intentional growth through individualized tracking of regulation and academic retention; and Tier 3 provides restorative, targeted support for deeper needs.</p> <p>Across all tiers, educators monitor relational trust, emotional safety, brain state patterns, academic retention, and classroom readiness using observation, reflection, and data-informed practices. This approach provides a holistic, real-time picture of each child’s development, ensuring assessment reflects the whole child and aligns with developmentally appropriate and responsive practices.</p> <p>This integrated system ensures that assessment is not limited to academic outcomes but reflects the whole child, aligning with NAEYC’s commitment to developmentally appropriate, responsive, and equitable assessment practices.</p>
6. Health: Promoting Health and Well-Being in Early Childhood Programs	The curriculum prioritizes both emotional and physiological well-being by integrating daily practices such as breathwork, mindfulness, and co-regulation. These strategies support nervous system regulation, reduce stress, and create conditions where children and educators can function in a state of calm and readiness.
7. Physical Environment: Designing Physical Environments that are Safe, Engaging, and Accessible	Mindful Foundations emphasizes the intentional design of calm, structured, and accessible classroom environments. Through simplified layouts, predictable routines, and



	designated regulation spaces such as the Calm Island, children are supported in feeling safe, confident, and ready to engage.
8. Professionalism: Demonstrating Professionalism as Early Childhood Educators	Mindful Foundations supports educator growth through reflective practice, emotional awareness, and continuous improvement. Educators are encouraged to develop self-regulation, examine personal responses, and engage in ongoing learning to strengthen their impact within the classroom.
9. Leadership and Management: Supporting Staff, Children, and Families Through Effective Leadership and Management	Mindful Foundations promotes strong leadership and aligned systems by establishing shared language, consistent practices, and collaborative team structures. This approach supports educators, children, and families while fostering sustainable, trauma-informed environments across programs.

Conclusion

By aligning with NAEYC’s Early Childhood Program Standards, Mindful Foundations ensures a comprehensive and restorative approach to early childhood education. Through intentional systems, strong relationships, and reflective practice, the curriculum supports educators, children, and families in creating environments where safety, connection, and meaningful learning can flourish.

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