

Discover the Difference:

Davis Concepts for Life[®] Early Years Programme



We understand

Young children with big personalities

Does your spirited child have difficulty with transitions, change, or sharing?

Are you a dedicated parent, educator, therapist or caregiver tired of seeing your child or student struggle with challenges in attention, executive functioning or behaviour?

Are you unsure how to help them with frustration, anxiety, and big emotions?

If you are searching for a supportive and effective programme to help your child thrive, look no further than the Davis Concepts for Life® – Early Years Programme, specifically designed to empower families and support children facing a range of developmental challenges.



**"If you eliminate the reason the problem exists,
the problem ceases to exist."**

Ron Davis

Who is the Davis Concepts for Life - Early Years programme for?

The Davis Concepts for Life® – Early Years Programme is a comprehensive and nurturing approach tailored to meet the needs of children encountering a range of life challenges, including executive functioning, focusing, behavioural, and relationship difficulties in their early years.

Our programme is crafted by experts who understand the nuanced journey of childhood development. We offer compassionate support and tailored tools that empower children to discover themselves and the world around them. Through engaging, personalised exercises, we create a nurturing environment that celebrates each child's unique spirit and encourages confident self-expression.

While this programme can help children with any learning style, its fun and engaging hands-on clay modeling is especially valuable for young children at risk of behaviour and attention difficulties due to neurodivergence running in the family.

Benefits of the programme

- **Empowered Families.** Gain confidence and support in addressing the challenges your child faces, knowing that you have a dedicated team to guide you every step of the way.
- **Enhanced Skills.** Watch as your child develops essential skills for success, including improved executive functioning, focus, stress and behaviour regulation.
- **Stronger Family Connections.** Deepen your bond with your child as you work together to overcome obstacles and celebrate achievements as a team.
- **Preparation for the Future.** Lay a solid foundation for your child's future success by providing them with the tools and strategies they need to thrive in school, at home, and in life.



"Our life has been forever changed thanks to the Davis Programme."

Mary Martin - Mother



What is involved in a Davis Concepts for Life – Early Years Programme?

You'll be guided through the programme by a highly trained and caring Davis Facilitator, who will accompany you on your journey. Each programme provides:

Tailored Programme for Early Learners

We understand that every child is unique. Our program is designed to provide a personalized approach that addresses the individual strengths and challenges of each child. From developing executive functioning skills to improving focus and managing behavior, we tailor the experience of the program to meet the specific needs of your child.

Holistic Support for Families

We recognise that the journey of supporting a child with attention and other challenges is not just for the child but also for their families. Our programme offers holistic support that involves parents and caregivers, encouraging them to actively participate in their child's development. Through exploration and discovery, fundamental concepts for living become integrated into your child's everyday life, empowering them to participate more fully in the world.

Skill-Building Activities

At the core of the Davis Concepts for Life® – Early Years Programme are engaging and effective activities aimed at building essential skills. Our gentle approach focuses on enhancing self-awareness, regulating stress, and increasing emotional awareness in ways that your child will not have experienced before.

Expert Guidance

Our programme is facilitated by highly trained, experienced facilitators, who understand and care. Whether it's addressing specific challenges, setting goals, or celebrating progress, we are committed to helping families navigate the early years with confidence and success.

Davis Concepts for Life – Early Years programme is a four step programme

Step 1: Tools for the Helper

Each support person/helper learns two mental strategies to help remain calm and relaxed while working with their child. These tools are called 'Release' and 'Dial'.

Release

Release allows the helper to ease any stress, tension or anxiety they may be feeling. Neurodivergent individuals are often highly sensitive to their environment and the emotions of the people around them. When working with sensitive individuals, if we are feeling anxious, we can inadvertently add to their own sense of anxiety. Maintaining a calm state provides a calm environment for the participant and enhances their receptiveness to learning.

Dial

Is a visualisation technique that enables the helper to determine and self-regulate personal energy levels.

Both Release and Dial enable co-regulation – the process where you, as the helper, bring your own sense of calmness to help the individual manage their emotions, in turn fostering self-regulation skills.



"As you co-regulate with someone, the mirror neurons in their brain are activated, and this enables the person in the deregulated state to literally 'mirror' your calmness."

Caroline Leaf, PhD

Step 2: Self-Regulation tools for the participant

The participant is guided to learn and use a number of focusing tools and self-regulation strategies. This process includes:

Auditory Orientation

The participant listens to a specifically engineered sound through headphones leading up to and, if necessary, during programme sessions. This auditory stimulus – affectionately referred to as the 'Davis Ting' – was designed by Ron Davis to help each participant to develop accurate, stable perceptions. This technique can greatly enhance a person's ability to maintain a calm state of focus.

Release

A self-regulation tool to help the participant manage stress and anxiety levels.

Dial

A mental imagery tool used to help monitor and regulate their energy levels.

Self-Orientation

This consolidates the feeling of focus established by the Auditory Orientation, and enables the participant to achieve and maintain focus without needing to use the auditory orientation sound.

Koosh ball exercises

A fun, interactive way to practice maintaining focus, while strengthening neural pathways and improving balance and co-ordination. These exercises can be practiced with the assistance of the Davis Facilitator and/or the child's support person.

"Yesterday's meltdown resulted in my daughter being able to tell me she was on 'Dial 9' – so I could discuss this with her. Wonderful programme you have. Thanks so much for giving us a daughter we can now talk to."

Mother of a 6-year-old girl

Step 3: Davis Early Years Life Concepts

Once the participant has developed more accurate perception and is able to focus, we can help them to learn fundamental life concepts that they may not have picked up previously.

The focus of the Davis Life Concepts – Early Years is to facilitate solid understanding of the following fundamental ideas, as they relate to oneself and to others:

- self
- another/others
- change
- consequence
- cause and effect
- before and after
- time
- sequence
- order and disorder

This is achieved through explicit teaching of each concept. Each concept is introduced through demonstration and experienced together with the child in a fun way that appeals to their interest. Then the child is guided to create a clay model of their own choosing, which visually represents that concept. For example, they may choose to depict the life concept of sequence, by showing how things follow each other in time. For example, a seed, becoming a seedling, becoming a plant.



Step 4: Integration of life concepts

The most effective way to consolidate learning is for the participant to have many meaningful, fun experiences during each programme session.

After each concept has been modeled in clay, the participant needs to have lots of opportunities to recognise and experience the concept in the real world, with help from their support person. These experiences are essential, as they help the participant to integrate the concept into their own identity and establish a foundational internal 'filing system' for future thinking and behaviour. This 'filing system' allows the participant to develop generalisation of each concept mastered, rather than trying to use skill that has simply been memorised.

Physically interacting with the concepts in their day-to-day environment embeds an understanding of these important life principles and enables the participant to draw on understanding to make sense of situations within their daily life.

These exercises include:

- **Establishing order in the physical environment.** Learning how to use the concepts to establish order, determine order, and create and maintain order.
- **Creating new behaviours.** Exploring behaviours that have had negative consequences, and using the concepts above, create new, more positive outcomes and strategies.



"Hayden was this year's recipient of the Avery cup. You should have seen him jump ten feet high. He gave us all the thumbs up on stage! He has never had a prize at prizegiving. Thank you for believing in him. He has really stepped up this year."

Angela- mother

Programme format and timeframe

The duration of the Davis Concepts for Life – Early Years Programme is flexible, tailored to meet the unique needs of each individual. While a typical programme may range from 20 to 40 hours of time with a facilitator, the focus is on providing wrap-around support. This means that a support person needs to be involved in the programme every step of the way, whether in-person or online.

Alternatively, a support person – a parent, educator or therapist – can attend a 3-day Davis Concepts for Life – Early Years Workshop to learn how to take the child through the programme at home, school, work, or in a therapy setting.

Support on your journey

At Davis, we believe in the potential of every child, regardless of the challenges they may face. Let the Davis Concepts for Life® – Early Years Programme be your partner as you navigate the early years with your child, providing them with the support and tools they need to thrive.

Together, we can create a brighter and more promising future for your child, filled with possibilities and opportunities for growth.



"The programme gave us ways of questioning the 'hows' and 'whys' of difficult concepts, events and situations, and began to give my daughter both a sense of independence and ability to relate to others. Our facilitator was incredibly patient and allowed us to explore the content of sessions rather than direct us to a particular outcome."

Mother of Davis Concepts for Life client

What happens next...

Join us as we guide you through each stage of your journey with Davis. We encourage you to ask as many questions as you'd like along the way, ensuring you feel empowered and confident that Davis is the right fit for you.

1. Free Discovery Call

To find out more about Davis, our programmes and workshops, we invite you to **book a complimentary Discovery Call** and spend up to 30 minutes confidentially sharing details of your situation with us. This will help you start to get an idea of which Davis solutions could be of value.

2. Initial Assessment

If what you hear resonates, **schedule an Initial Assessment** meeting (in person or online). Concepts for Life – Early Years programme assessments are typically covered in two meetings (if appropriate to your situation) – first with a family member, then with the child to build rapport before getting started with the programme.

3. Recommendations

At or following the Initial Assessment, your facilitator will:

- Determine whether Davis is suitable for you and your situation
- Recommend which programme is best for your needs
- Indicate appropriate next steps

4. Book a programme

If you and your facilitator feel that Davis is a good fit, at this point, you can **book a programme**.

5. Programme delivery

There are two options for delivery of this programme:

A Davis Concepts for Life Facilitator can take the child through the full programme, while coaching a support person on how to reinforce the learning outside the sessions.

Alternatively, a Facilitator can coach the support person, who can then work with the child.

Sessions are flexible in their scheduling and duration.

6. Program follow up

Programme follow up work (as needed) may include continued exploration of the concepts and self-regulation tools in daily life.

All programme packages provide you with:

- Training of a support person
- Telephone and email support post-programme
- Access to follow up review sessions (in person or online)

"I see how the stronger sense of who I am has allowed me to say no to what isn't for me and yes to what makes me happy. I no longer have to be reacting to everything happening around me. I can be centred and decide what is for me and what isn't for me. I choose to respond rather than react. It feels so freeing."

Davis Concepts for Life - Early Years Client, New Zealand

Contact Us

To find out more about
Davis Concepts for Life - Early Years



davismethod.com



lifeconcepts@davismethod.com



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"A really great programme that makes sense from the start. The kind of idea that makes you wonder why you hadn't thought of it before, but leaves you very excited at the prospect of trying it out."

Parent of a Davis client