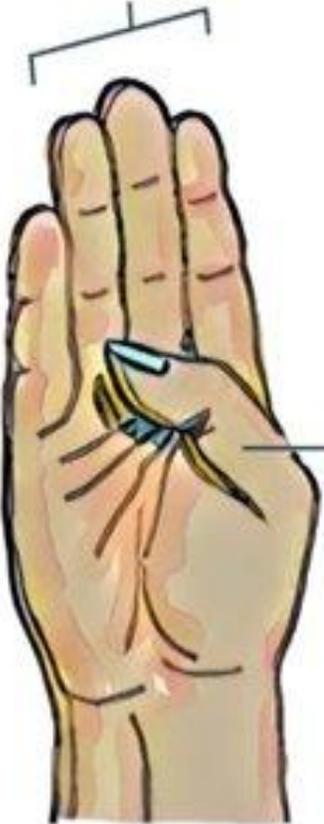


# Self-Regulation: Teaching Your Child to Self-Soothe



# Dr Dan Siegel's Hand Model of the Brain

PREFRONTAL CORTEX



CEREBRAL CORTEX



LIMBIC REGIONS  
HIPPOCAMPUS & AMYGDALA

BRAIN STEM  
BASE OF SKULL

SPINAL CORD

# What is self-regulation

- ▶ Learning to regulate one's own physical, emotional, and cognitive processes in healthy, proactive ways to be successful across several domains of life.
- ▶ Healthy, adaptive and "appropriate" responding to internal and external events
- ▶ The ability to manage emotions and behavior in accordance with the demands of the situation, resisting highly emotional reactions to upsetting stimuli, calming yourself when you get upset, adjust to a change in expectations, and handle frustration without an outburst
- ▶ A set of skills that enable us to direct our behavior towards a goal, despite the unpredictability of the world and our own feelings.
- ▶

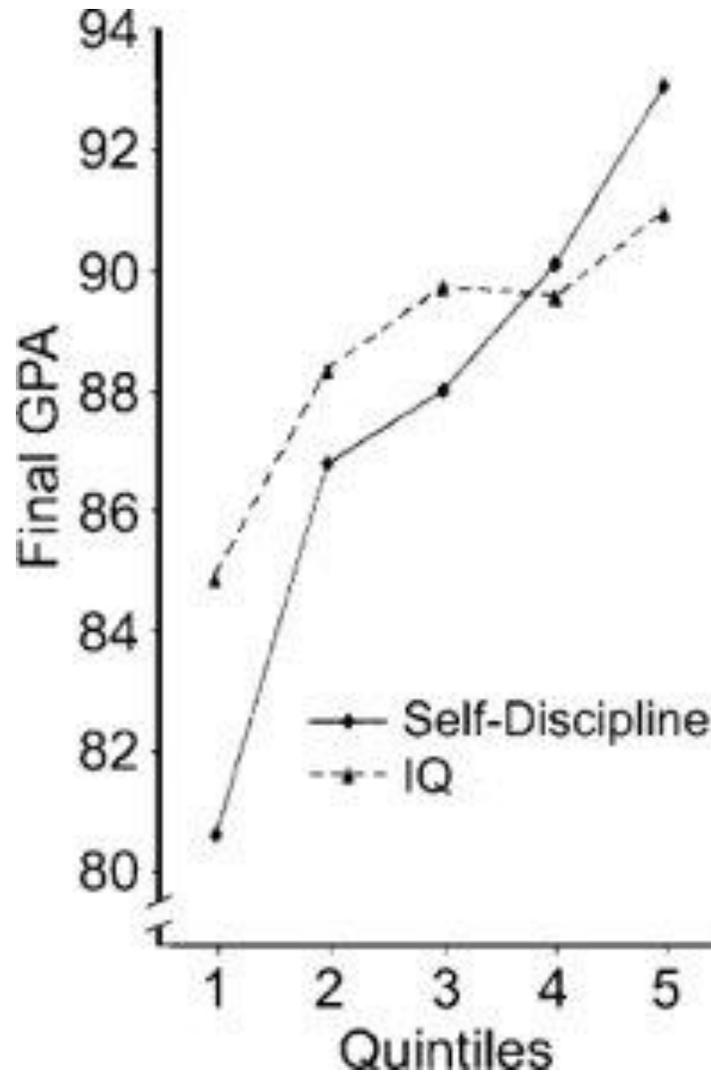


# Self-regulation is directly related to success in many areas, including:

- ▶ Learning
- ▶ Academic performance
- ▶ Social interaction
- ▶ Overall health
- ▶ Safety
- ▶ Development
- ▶
- ▶ Self-regulation = Success

# Self-regulation & Academic Performance

- ▶ Ducksworth, A.L., & Seligman, M.E.P. (2005). Self-discipline outdoes IQ in predicting academic performance in adolescents. *Psychological Science*, 16(12), 939-944.



# Goals of Self-Regulation

- ▶ Accurately identify emotions; our own or those of others
- ▶ Own and accept responsibility for our feelings
- ▶ Express feelings in healthy, appropriate ways



# Zones of Regulation



SAD  
BORED  
TIRED  
SICK

CALM  
HAPPY  
FOCUSED  
READY TO  
LEARN



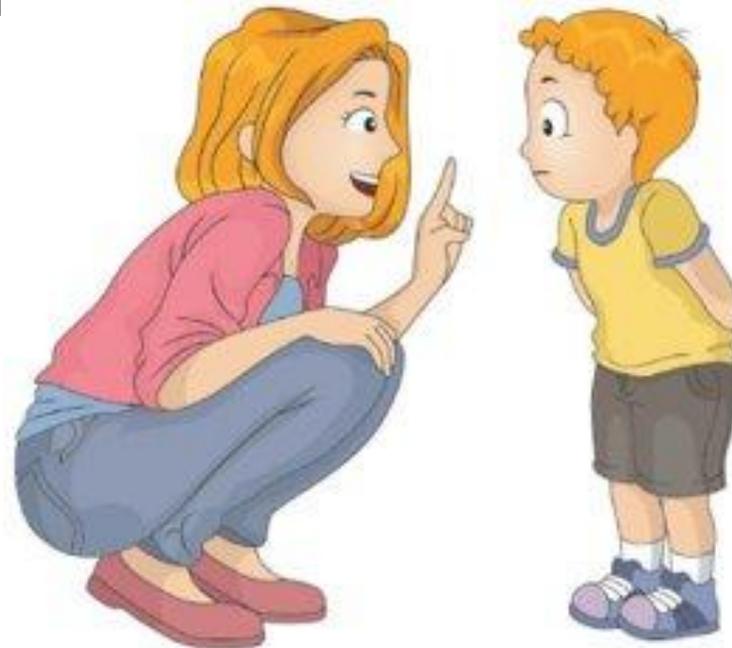
EXCITED  
SILLY  
FRUSTRATED  
NERVOUS  
HYPER

ANGER  
RAGE  
TERROR  
OUT OF  
CONTROL



# Modeling

- ▶ "More is caught than taught."
  - ▶ Children learn what they know in their environment
    - ▶ Demonstrate self-regulation
    - ▶ Demonstrate respect
    - ▶ Demonstrate balance





STUART SHANKER'S  
FIVE STEPS of SELF-REG

Visuals by @kwiens62

REFRAME  
the  
BEHAVIOUR

RECOGNIZE  
STRESSORS

REFLECT:  
ENHANCE STRESS  
AWARENESS

REDUCE  
STRESSORS

RESPOND

DEVELOP PERSONALIZED  
STRATEGIES TO PROMOTE  
RESILIENCE & RESTORATION



Kwiens 2016

FOR MORE INFORMATION  
VISIT: [www.self-reg.ca](http://www.self-reg.ca)

What are some ways you have modeled self-regulation for your children?

# Tips for teaching self-regulation skills

- **Provide a warm, responsive relationship.** When this happens, kids feel comforted in times of stress. This involves modeling self-calming strategies and providing physical and emotional comfort when your child is stressed.
- **Structure the environment so self-regulation is manageable.** This includes providing consistent routines and structure.
- **Teach and coach self-regulation skills by providing opportunities for practice and through modeling and instruction.** This involves teaching age-appropriate rules, redirecting, and using effective, positive behavioral management strategies.
- **Intentionally model, monitor, and coach targeted self-regulation skills.** For preschool children in particular, it's especially important to emphasize skills such as waiting, problem-solving, calming down, and expressing emotion.

# Supporting the Growth of Self-regulation

- ▶ Help children identify their feelings
- ▶ Develop effective regulation tools
  - ▶ Teaching effective strategies depending on the emotion
- ▶ Learn when and how to use the tools
- ▶ Problem solve positive solutions
- ▶ Ultimately - develop independent regulation
- ▶

THE EXAMPLE **WE** SET  
FOR OUR KIDS  
— **HOW TO ACT**  
**WHEN THINGS DON'T**  
**GO OUR WAY** —  
IS MUCH, MUCH  
**MORE IMPORTANT**  
**THAN THE RULES**  
**WE SET** FOR THEM.

Leo Babauta

# Resources

- ▶ The AAP Parenting Website - <https://healthychildren.org/>
- ▶ Child Mind Institute - <https://childmind.org/>
  - ▶ <https://childmind.org/article/can-help-kids-self-regulation/>
- ▶ The Zones of Regulation - <https://zonesofregulation.com/index.html>
  - ▶ <https://hes-extraordinary.com/the-zones-of-regulation>
- ▶ 119 Self-Regulation Ideas
  - <https://hes-extraordinary.com/self-regulation-strategies>
- ▶ PerformCare - 1-877-652-7624 - <https://www.performcarenj.org/>
- ▶ <https://www.healthline.com/health/childrens-health/self-regulation-skills#tips-for-parents>
- ▶ <https://nurtureandthriveblog.com/how-to-teach-your-child-self-regulation/>
- ▶

# Thank You!

