

Sharing Ideas About Self Regulation And Co-Regulation



Self Regulation allows children to:

- Control Impulses
- Manage emotions
- Stay focused on tasks

Co-Regulation helps children to:

- Feel safe and secure
- Develop a sense of trust and attachment to their caregiver

Five Steps of Shanker's Self Regulation: <https://self-reg.ca/the-basics/>

1. Read the signs and reframe the behaviour
 - Ask “why” and “why now”
2. Recognize the stressors
 - Lack of sleep or hunger, being overwhelmed, sick, not enough physical activity, too much screen time, the environment is loud, noisy, or too bright
3. Reduce the stress
 - Once you know the stressor change or remove it
4. Reflect - *Help the child learn to reflect on their own self regulation*
 - Help the child recognize what “calm” feels like
5. Restore energy
 - What works for one person might not for others. Choose what works best for them

Videos:



The MEHRIT Centre – Dr. Stuart Shanker explains the relationship between stress and self regulation. Once we understand their connection it helps us to understand and support behaviours and moods. He also walks us through the 5 practices of self regulation.

https://www.youtube.com/watch?v=hOIV_kNYAYA&t=19s



Dalai Lama Centre for Education and Teaching – This video teaches some strategies to help a child having an emotional meltdown as well as some brain science basics and a step by step approach to manage emotions.

<https://www.youtube.com/watch?v=ZcDLzppD4Jc>

Articles:



The MEHRIT Centre – This article speaks to Dr. Jean Clinton’s belief of the importance of relationships in a child’s development and that self regulation start with a relationship. It explains that we need to “enable” parents and educators to be sensitive and responsive rather than trying to teach.

<https://self-reg.ca/relationships-and-connecting-the-early-years-last-forever/>



The MEHRIT Centre – A informative article all about self regulation that describes the different terms associated with it, including limbic system, blue brain, red brain etc. It also suggests that self regulation is a lifelong process and what the ultimate self regulation goal is.

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The MEHRIT Centre – A great resource to support self regulation in children. The information helps us understand that self regulation is significant to healthy child development and that self regulation is an educational process.

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