

Supporting the development
of

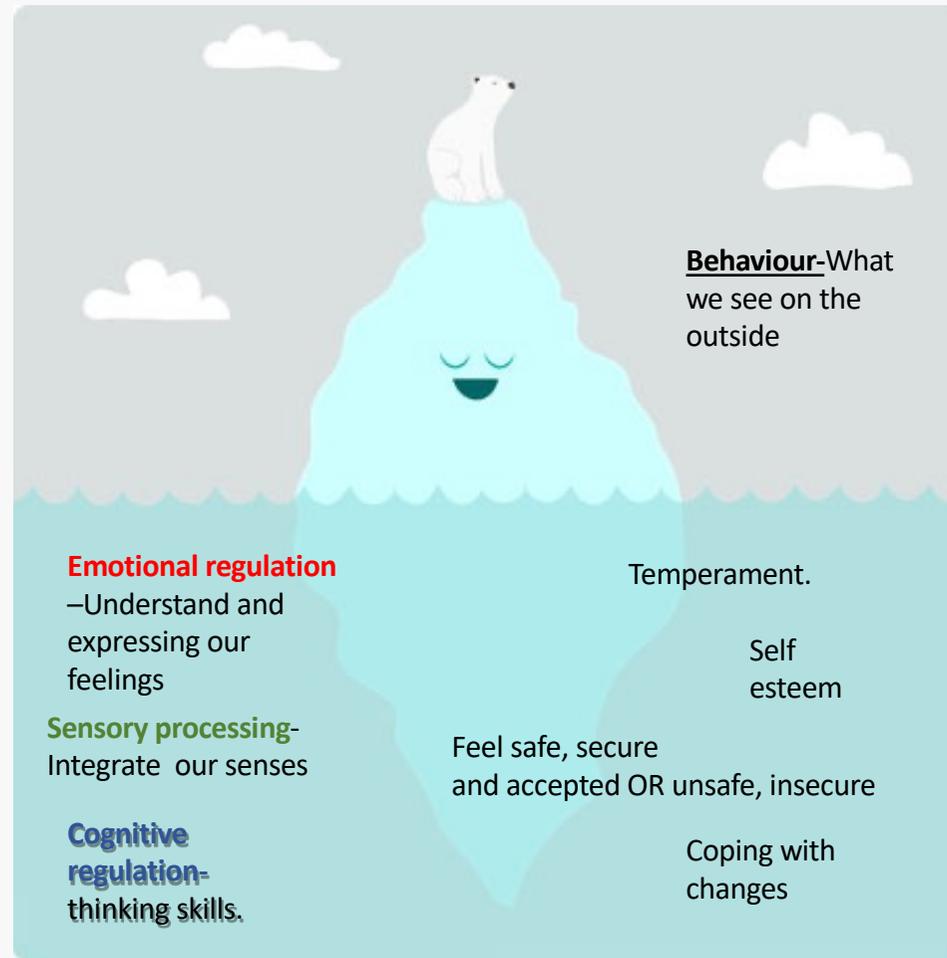
SELF REGULATION

practical strategies for home

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WHAT IS HAPPENING UNDERNEATH



Self-regulation is the ability to focus our attention, control our emotions and manage our thinking, feelings and behaviours.

It is a *learned, developmental skill*

It is a key *building block* which underpins a child's ability to mature emotionally, cognitively and socially.

It *directly influences* a child's performance in self-care, academic

and social participation.



This is what it looks like on the surface...

Match our behavior
to the task

Regulate our
emotions and react
appropriately across
different settings

Wait our turn

Resist impulses to
behavior
inappropriately



Self confidence and
positive self image

Persist with
challenging tasks

Feel accepted within
our challenges

Make friends and
build social skills

The opposite to self-regulation is dysregulation



- Rollercoaster of emotions
- Reactivity – heightened emotions
- Inattention
- Flight or fight responses
- Challenging behaviours
- Energy expenditure
- Difficulty taking on appropriate information/ New ideas

BLUEY



clideo.com

Dysregulation can occur for many reasons.

Our environment is overwhelming

The task is too hard (*occupational challenge*)

The demands are too big, days are too long, too many changes to routine.

Sensory overload

Confusion (lack of understanding)

Tiredness

Feeling misunderstood

Lack of connection with others – feeling unsafe.

Self reflection exercise.

How do you self regulate?

What are your strategies to help yourself remain calm

Are they **sensory** – e.g cup of coffee, shower, change the music, et.c

emotional: understand your feelings of frustration, panic, keep control of emotions or express emotions .

cognitive : create steps to solve your problem. E.g what are you going to tackle first.

Self talk: Use positive words to calm yourself.

What strategies do you use in your own life to create more self regulation throughout the day?

Routines and rhythms in your day/week/ month.....

What techniques do you use and who if anyone do you rely on to support/co-regulate you

Now imagine not having those supports... how would the situation be different. .



So how do we stay calm... we self regulate first..



When little
people are
overwhelmed
with big
emotions,
it's our job to
share our calm,
not to join
their chaos.

L. R. Knost.



From co-regulation to self regulation.... Big hands to little hands...

Co-regulation is when a person mirrors the state of regulation of those around them. **And our children are like regulating sponges!**

They sense it all

They feel the stress of others. They match the stress of others .. (mirror neurons)

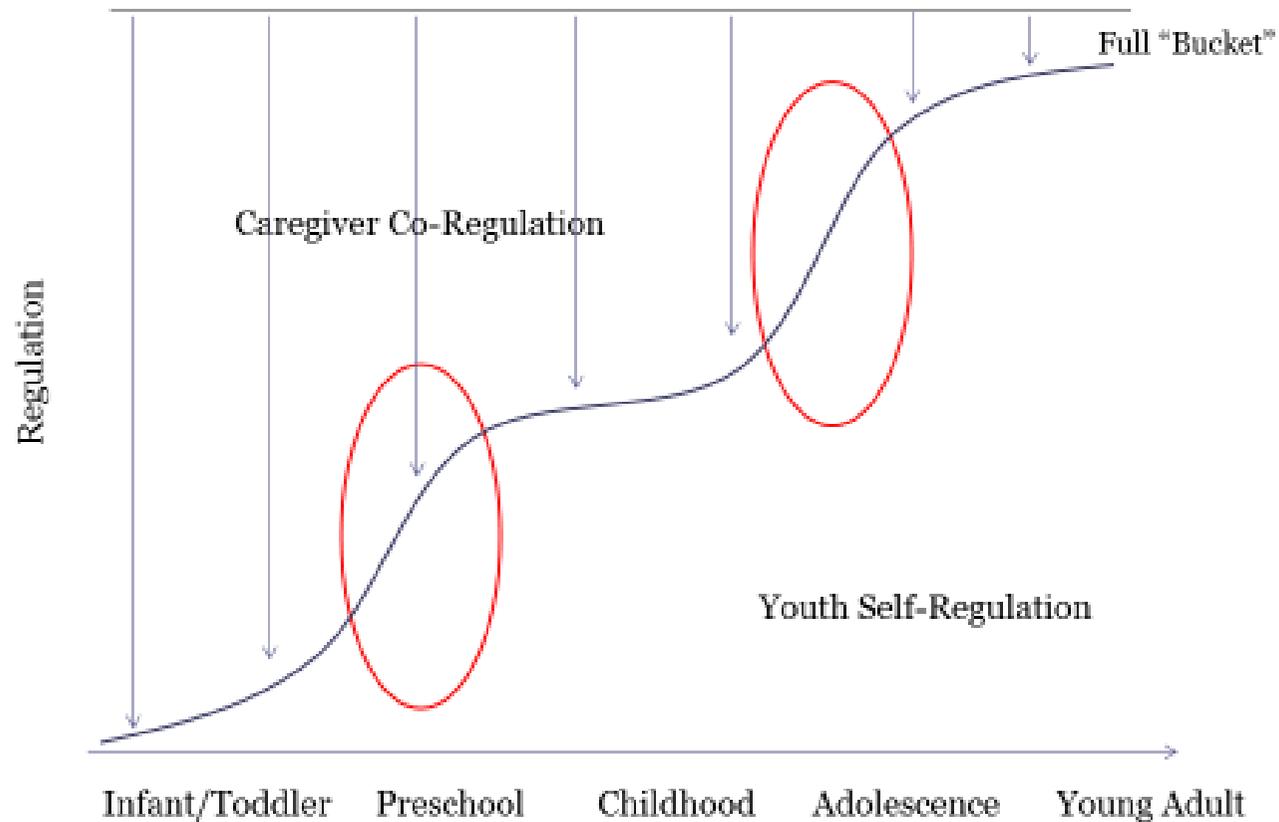
Co regulation supports the develop of self regulation

Co regulation is fuelled by a desire to **connect** not **correct**.

Early learning is mostly role modelling

Children are not able to *self*-regulate before the preschool age and need varying amounts of prompts and supports well into late childhood.

Balance of Self-Regulation and Co-Regulation

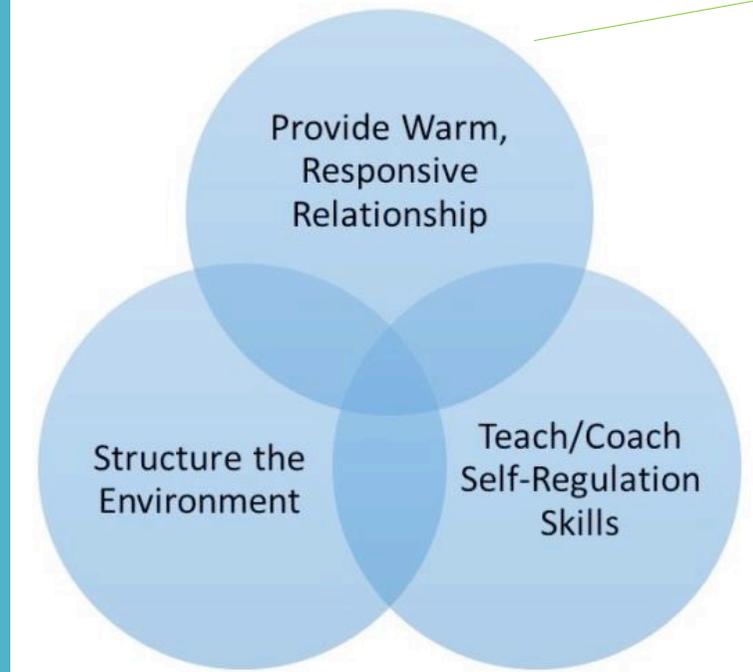


adopted from

Co-Regulation From Birth Through Young Adulthood: A Practice Brief

<https://fpg.unc.edu/sites/fpg.unc.edu/files/resources/reports-and-policy-briefs/Co-RegulationFromBirthThroughYoungAdulthood.pdf>

How to Co-Regulate



Child needs to feel respected as individuals, comforted and supported in times of stress, and confident that they will be cared for no matter what their behaviour looks like.



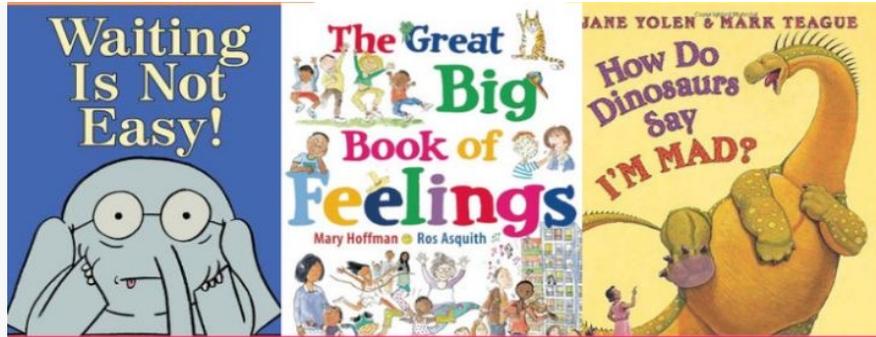
identifying and expressing emotion,
calming down strategies,
Waiting and solving problems

A green arrow pointing from the bottom-left of the Venn diagram towards the text box on the bottom-left.

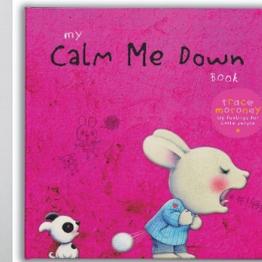
Consistent, predictable routines and expectations likewise promote a sense of security by providing clear goals for behaviour regulation.

KEY POINTS

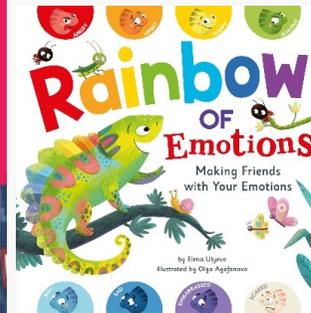
- Self regulation is a process and children are not born with it.
- Starts with *co-regulation* of emotions and ends with the child being able to regulate independently.
- Happens in relation to the challenge or task that is required of the child. (we call this the *occupational challenge*).
- Is a combination of sensory, emotional and cognitive processes and it is complex.



When I am feeling books by Tracy Moroney



CHILDREN'S BOOKS
ABOUT
self-regulation

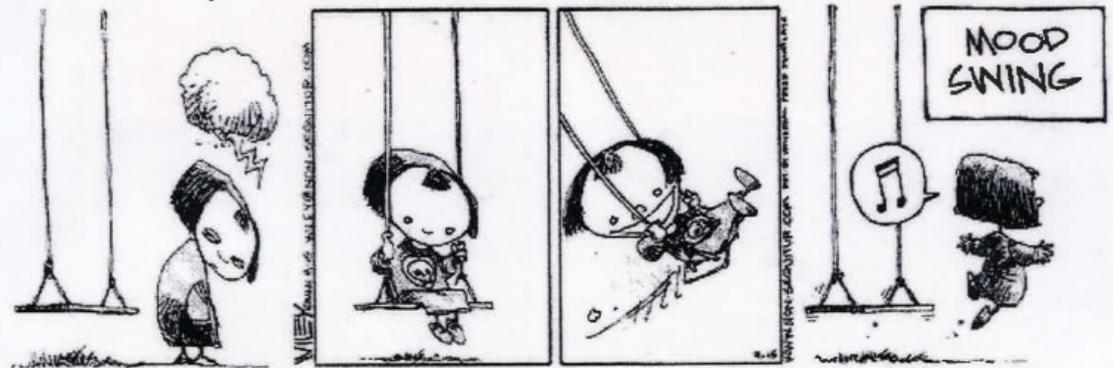


A book about separation anxiety

Home based strategies to promote regulation

Linear Movement

- Hammock
- Swing set
- Visit the park on the way home from school
- Swing them in a sheet (one adult on each end)



Heavy Work

jumping on the trampoline,

wheelbarrow walking

being wrapped up in a blanket

climbing up a hill

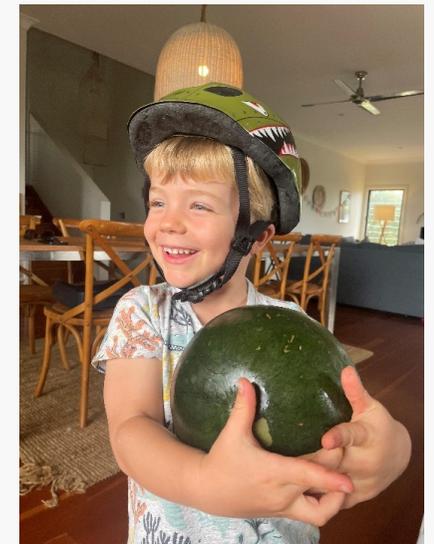
riding a bike

stretching

climbing trees

swimming

tug of war



Breathing

Chocolate cake breathing

Hot chocolate breathing

Blow out the candles

Breathing out colours- eg breath out the red, blue, grey

Curly straws – strong suck (to coordinate suck swallow breath).

Smoothie or thickshake

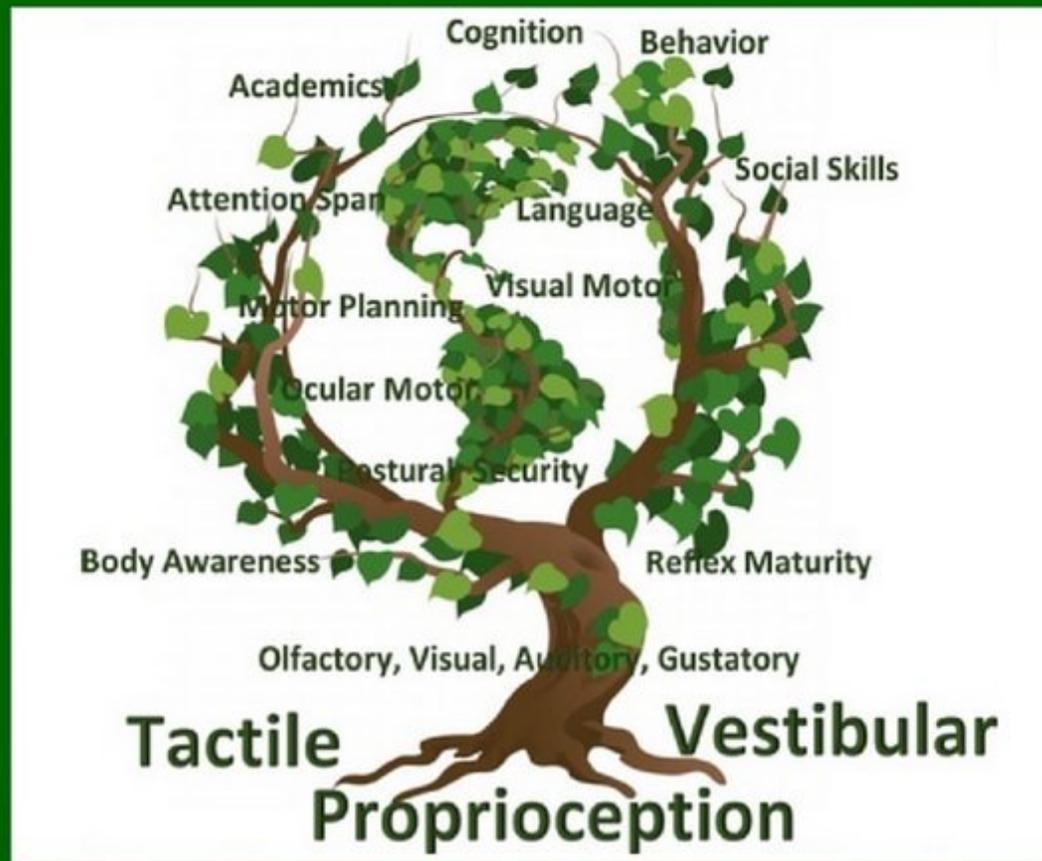
Blow bubbles through a straw – into a bucket with detergent in it.

Blowing bubbles with wand



["Just Breathe" by Julie Bayer Salzman & Josh Salzman \(Wavecrest Films\) - YouTube](#)

Feed the roots...not the leaves.



ASensoryLife.com

Yellow zone strategies

Reduce demands

Direct to regulation

Activity (breathing,
Swinging, heavy work)

Co regulate



RESOURCE LIST (AGE RANGE- 4-8)

Story books (some available on you tube) *	Games	Video clips/music/movies	Equipment	parent resources
The Colour Monster	Red light/green light Clapping games	Flipping my lid https://www.youtube.com/watch?v=y72xEUU4FHg	heavy ball (medicine ball) Pillows	Whole brain child
Decibella (volume control)	Tug o war. Bubble blowing Ping pong ball and straw game	 https://www.bing.com/videos/search?q=calm+video+flipping+my+kids&&view=detail&mid=B1857588228495BF73A8B1857588228495BF73A8&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dcalm%2Bvideo%2Bflipping%2Bmy%2Bkids%26FORM%3DHDRSC3	Stretchy bands Crash pad- double doona cover with pillows, rubber offcuts et.c Stretchy lycra blanket. Scooter board – kmart small or Bunnings larger and longer.	Explosive child dan siegel Raising a secure child. (cos) Raising an emotionally intelligent child. Gottmein?
Bunny books –when I am feeling... Tracy Moroney		 https://www.bing.com/videos/search?q=black+and+white+calm+video+kids&&view=detail&mid=0FCEf46480755B13A6480FCEf46480755B13A648&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dblack%2520and%2520white%2520calm%2520video%2520kids%26qs%3Dn%26form%3DQBVR%26%3D%2525eManage%2520YOur%2520Search%2520History%2525E%26sp%3D-1%26pq%3Dblack%2520and%2520white%2520calm%2520vid%26sc%3D0-24%26sk%3D%26cvid%3D03C050046A8F4421B818BA1096E9F21E%26ghsh%3D0%26ghacc%3D0%26ghpl%3D	 <u>Breathe work</u> Bucket and large straw Blow toys Balloons Hot cocoa breathing/figure 8 Chocolate birthday cake (breathe in the chocolate , blow out the candle.	Zones of regulation (social thinking website) 5 POINT SCALE. www.self-reg.ca
We don't eat our classmates – Ryan T.Higgins				
The way I feel Janan Cain				
<u>What are feelings: lift the flap book</u> Katie Daynes				
For older children: <u>the boy with the big big feelings</u> <u>Listening to my body</u> Gabi Garcia. Also has activity sheet.				
The red beast? Age range. My fantastic elastic brain. Grumpy monkey				
The Panic Button Book (7-11 year olds)		Movies : 4 year and above Inside out... emotions Wrecked ralph – self control 2-4 year olds – daniels tigers neighbourhood show on abc tv		

Great video's to watch.

[Flipping Your Lid- The Brain in the Palm of your Hand - Bing video](#)

<https://www.youtube.com/watch?v=vo7bhAWEYf8>

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

https://www.youtube.com/watch?v=y9L_-7Kvjr0&t=5s

<https://www.youtube.com/watch?v=DIgigF-e574>