STUART SHANKER’S
TEN WAYS TO SEE THE SIGNS AND DEVELOP THE HABIT OF SELF-REG

1. LOOK FOR PATTERNS
Learn how a child is telling others, through their body and speech, that their stress is too great.

2. KEEP YOUR EYE ON THE TARGET
Shift from a “control & correct” mind-set to together strengthening self-regulation.

3. PROCEED GRADUALLY
Don’t look for a dramatic change. Proceed slow and steady and you will see changes over time.

4. GET EXCITED WHEN YOUR CHILD BEGINS TO INITIATE
Celebrate everyday signs of a child initiating self-regulation.

5. EXPECT THE UNEXPECTED
Self-reg is a process with many ups, downs and unexpected detours on the journey.

6. BE WARY OF USING BIG WORDS
A big word is one that has many elements... not many letters. Ex. C·A·L·M: 4 letters/Big Concept

7. DON’T GO TOO METACOGNITIVE
Communicate at a child’s developmental level.

8. IT’S NEVER TOO EARLY OR LATE TO START SELF-REG
It is always the right time to start self-reg with your child or yourself.

9. CONSIDER WHOSE TRAJECTORY NEEDS TO CHANGE
The starting point for changing a child’s trajectory begins with our perception of that child. This has far more impact on how they perceive themselves than we think.

10. TAKE IT PERSONALLY
Your own self-reg is an invitation for a child to also self-regulate.

Visual notes by Kristin Wiens: www.northstarpaths.com