

TEN WAYS TO SEE THE SIGNS AND DEVELOP THE HABIT OF SELF-REG

@kwiensb2
2017

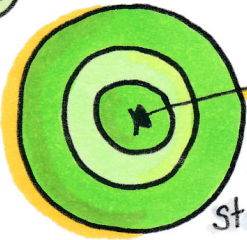
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1. LOOK FOR PATTERNS

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



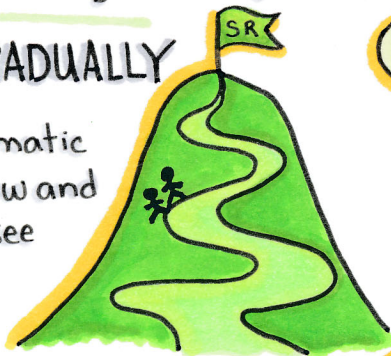
2. KEEP YOUR EYE ON THE TARGET



Shift from a "control & correct" mind-set to together strengthening self-regulation.

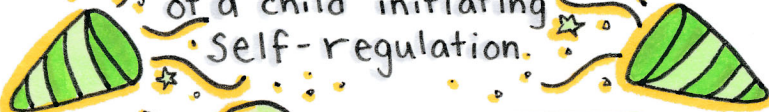
3. PROCEED GRADUALLY

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



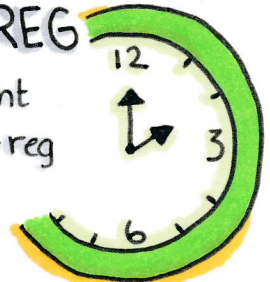
7. DON'T GO TOO METACOGNITIVE

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.

