

# Self Regulation = Responsiveness + Role Modelling

WHAT WE CAN DO?					RESOURCES	
PRENATAL (Before Birth)	INFANTS (Birth to 17 months)	TODDLERS (18-29 months)	PRESCHOOLERS (30-48 months)	FOR ALL AGES	BOOKS	
<p>Take the time to relax while pregnant, will help your baby relax. <b>E.g., take a walk, take a bath, read a book.</b></p>	<p>Soothe your baby and attend to their needs. <b>E.g., “hold or rock your baby gently”</b></p> <p>Try to stay calm in stressful situations. <b>E.g., take a deep breath, squeeze a pillow</b></p> <p>Your baby will learn from your behaviour.</p> <p>Watch to see what helps soothe your baby and encourage it.</p>	<p>Help your toddler discover their surroundings. Listen, understand and use words to explain their needs and feelings. <b>E.g., “want more?” or “you’re having a big, sad feeling”</b></p> <p>Use distractions when your toddler appears to be upset.</p> <p>Provide choices to allow your toddler to feel in control. <b>E.g., “Would you like to wear your red shirt or your blue shirt?”</b></p> <p>Create routines for all regular activities, such as bedtime and feeding.</p>	 <p>Notice how your child reacts to situations by observing body language and facial expression. Comment on their reactions, for <b>e.g., “I can see that you’re really excited”</b></p> <p>Praise your child for their efforts. <b>E.g., “thanks for helping put away the dishes”</b></p> <p>Meditation and breathing techniques help your child feel calm.</p>	<p>Plan and take your child to an EarlyON Centre for other experiences.</p> <p>Accept your child’s feelings and help them walk through these feelings.</p> <p>You cannot spoil a child with affection.</p> <p>Play stop and start games with your child, such as ‘freeze dance’. Name the action as you stop and go to music.</p> <p>Use specific praise for your child to appreciate behaviour by describing what they did well.</p>	<p>Look at family pictures and talk about them with your child. Tell them your family stories.</p> <p><b><i>When Sophie Gets Angry – Really Angry</i></b> by Molly Bang</p> <p><b><i>Hands Are Not For Hitting</i></b> by Martine Agassi</p> <p><b><i>Peaceful Piggy Meditation</i></b> by Kerry MacLean</p>	<p><b>SONGS</b></p> <p><a href="#">Sleeping Bunnies plus more songs</a></p> <p><a href="#">Zoom Zoom Zoom</a></p> <p><a href="#">Belly Breathe with Elmo</a></p>
					<p><b>VIRTUAL</b></p> <p><a href="#">Breathe like a Bear</a> by Kira Willey</p> <p><a href="#">Just Breathe</a> by Julie Bayer</p>	<p><b>DID YOU KNOW?</b></p> <p>The better a child can stay calm, focused and alert, the better they are able to understand information and cope with difficult situations in a positive way.</p>
<p>We thank the team of dedicated professionals in the Etobicoke Brighter Futures Coalition that developed these IEMH Play Statements</p>					<p>All rights reserved by the EBFC</p>	

**Self-regulation develops when adults respond sensitively to a child’s needs.**