Self Regulation = Responsiveness + Role Modelling



WHAT WE CAN DO?

PRENATAL (Before Birth)

Take the time to relax while pregnant, will help your baby relax. E.g., take a walk, take a bath, read a book.

INFANTS (Birth to 17 months)

Soothe your baby and attend to their needs. E.g., "hold or rock your baby gently"

Try to stay calm in stressful situations. E.g., take a deep breath, squeeze a pillow

Your baby will learn from your behaviour.

Watch to see what helps soothe your baby and encourage it.



TODDLERS (18-29 months)

Help your toddler discover their surroundings. Listen, understand and use words to explain their needs and feelings.
E.g., "want more?" or "you're having a big, sad feeling"

Use distractions when your toddler appears to be upset.

Provide choices to allow your toddler to feel in control. E.g., "Would you like to wear your red shirt or your blue shirt?"

Create routines for all regular activities, such as bedtime and feeding.

PRESCHOOLERS (30-48 months)

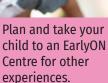


Notice how your child reacts to situations by observing body language and facial expression. Comment on their reactions, for e.g., "I can see that you're really excited"

Praise your child for their efforts. E.g., "thanks for helping put away the dishes"

Meditation and breathing techniques help your child feel calm.

FOR ALL AGES



Accept your child's feelings and help them walk through these feelings.

You cannot spoil a child with affection.

Play stop and start games with your child, such as 'freeze dance'. Name the action as you stop and go to music.

Use specific praise for your child to appreciate behaviour by describing what they did well.

RESOURCES

BOOKS

Look at family pictures and talk about them with your child. Tell them your family stories.

When Sophie Gets Angry – Really Angry by Molly Bang

Hands Are Not For Hitting by Martine Agassi

Peaceful Piggy Meditation by Kerry MacLean

SONGS

Sleeping Bunnies plus more songs
Zoom Zoom Zoom
Belly Breathe with Elmo

VIRTUAL

<u>Breathe like a Bear</u> by Kira Willey <u>Just Breathe</u> by Julie Bayer

DID YOU KNOW?

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.

We thank the team of dedicated professionals in the Etobicoke Brighter Futures Coalition that developed these IEMH Play Statements

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