

A GUIDE TO UNDERSTANDING SELF REGULATION

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"How can I help my child to sit still and focus at school?"



"How can I assist my child to manage their behaviour and avoid conflicts with friends?"



"How do I teach my child to be emotionally resilient and try their best?"



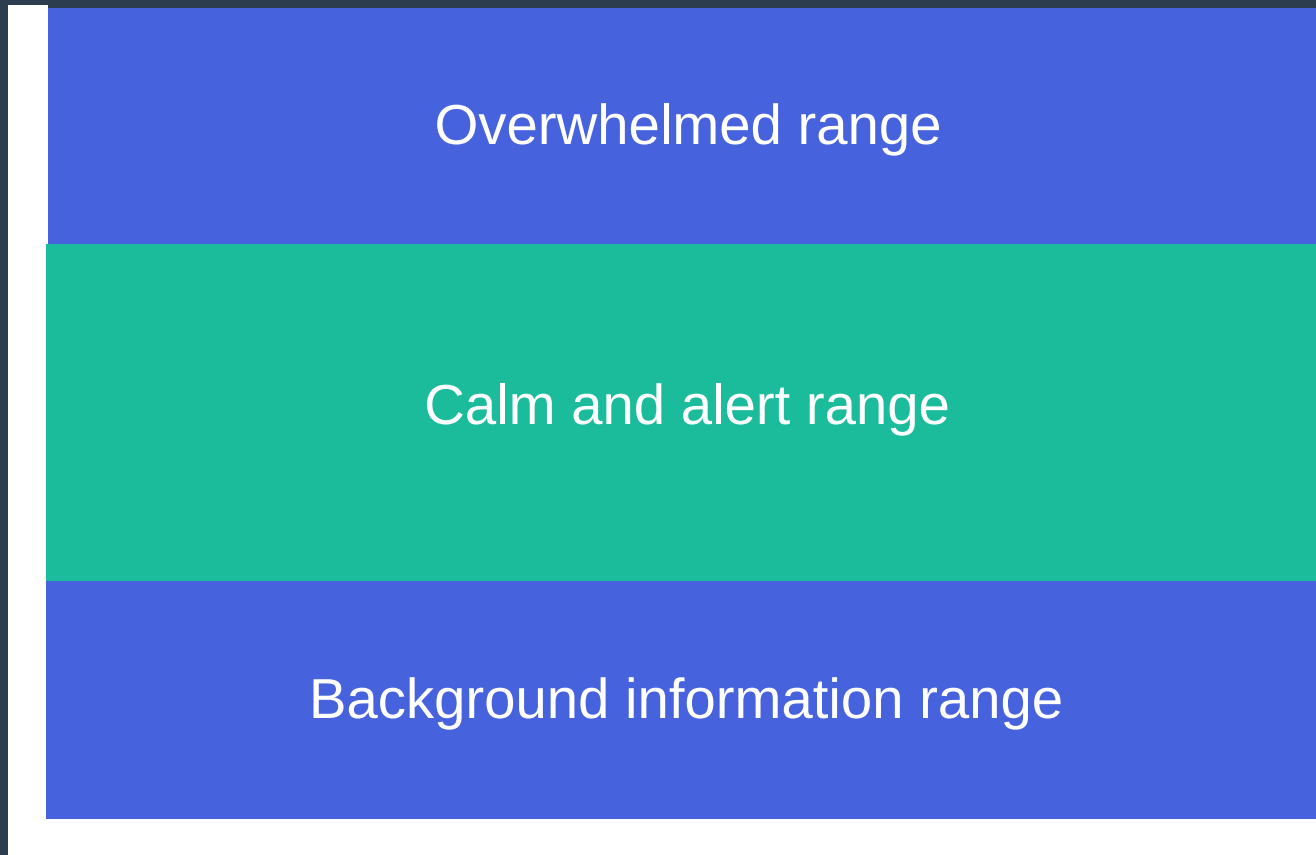
These are all areas that are impacted upon by self regulation.

The good news is that self regulation is a skill that can be taught!

First it is important to understand the states that the brain operates in...

EVERY CHILD'S NERVOUS SYSTEM HAS 3 OPERATING STATES:

State



Overwhelmed range

Calm and alert range

Background information range

BACKGROUND INFORMATION RANGE

- This range includes all of the information around us that the brain is able to block out and ignore.
- Blocking out background information is a crucial function as it allows the brain to focus on important information.

CALM AND ALERT RANGE

- Kids in this range are able to...
- Focus in class
- Learn new skills
- Follow instructions
- Cooperate and negotiate with friends
- Remain calm when situations don't go their way
- Persist with challenges
- Solve problems

OVERWHELMED RANGE

- In this range a fight/flight/fright stress response is elicited.
- Once kids are in this range it can be very challenging for them to think rationally and control their actions.
- They might run away, appear upset or become aggressive.

Children with self regulation difficulties often find it challenging to stay in a calm and alert state.



This means that they may be regularly overwhelmed or they may find it challenging to block out distractions.

Next Steps:

- 1. Refer to our 'Self Regulation Checklist' to see if your child may require assistance to maintain a calm and alert state.**
- 2. Check out our '5 Ready-To-Use Self Regulation Tools' which can help you to get started.**
- 3. Visit our website www.synchronyot.com.au for more information.**



SELF REGULATION CHECKLIST

If you answer 'yes' to any of the following questions it may be an indicator that your child requires assistance with self regulation.



Does your child act out or become aggressive?



Does your child shut down or give up easily?



Does your child become easily emotional?



Does your child have difficulty sitting still?



Does your child invade other's personal space?



Does your child have trouble concentrating or become easily distracted in busy environments?



Does your child have difficulty making and keeping friends?



Does your child become anxious when trying new things?



Does your child find it challenging to follow instructions and carry out daily routines?



Does your child find it hard to pack up or cope when plans change?



Find out more at
www.synchronyot.com.au

5 READY-TO-USE SELF REGULATION TOOLS



1. Breathe, Think, Do With Sesame: App

This app teaches kids a simple coping strategy that can be applied to multiple scenarios.

2. Big Ideas Growth Mindset Series from ClassDojo.com

These short video clips teach kids to persist with challenging tasks.



3. WonderGrovePlay.com

This website has great animated video clips that reinforce everyday self regulation skills.



Keep Your Hands to Yourself

4. Gonoodle.com

This website provides helpful movement and mindfulness activities for class and home.



5. SmilingMind.com.au

This website provides guided mindfulness and meditation activities for kids.



Find out more at
www.synchronyot.com.au