

Lesson 3b- How Do We Learn to Regulate?

Define the following:

Regulation (self-regulation)

Dysregulation

Co-Regulation

Steps to help another person
get regulated



Components for co-regulating with someone.

Examples of Self-Regulation Tools

Sources Used in Lesson 3b:

- Siegel, D. J., & Bryson, T. P. (2016). The whole-brain child: 12 revolutionary strategies to nurture your child's developing Mind. Delacorte Press.
- Healy, G. (2023). 15-minute focus: Regulation and co-regulation: Accessible neuroscience and connection strategies that bring calm into the classroom brief counseling techniques that work. National Center for Youth Issues.
- Sinarski, J. (2023). Light up the learning brain: 7 keys to reducing disruptive behavior in the classroom. National Center for Youth Issues.



REFLECTION QUESTIONS

1. Which top-down and which bottom-up tools work for you when you start to feel dysregulated? Which ones have you used successfully with children in your care?

2. Was there anything in the examples of co-regulation that surprised you, or sparked ideas of how you could use your new trauma-informed knowledge to co-regulate in different ways?

Additional Resources:

- Ep. 4 - Why Regulated? Regulated & Relational Podcast, June 2021
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep-4-Why-Regulated-e1384jt>
- Carrere, D. L., & Kinder, W. (2021). The re-set process: Trauma-informed behavior strategies. Paul H. Brookes Publishing Co.
- Shanker, S. (2017). Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life. Penguin Canada.
- Ep 39- The Regulated Classroom with Emily Read Daniels, Regulated & Relational Podcast, December 2022
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep-39---The-Regulated-Classroom-e1rb4o>

