

ZOOM LUNCH & LEARN SERIES

Why Can't My Child Remain Calm? Understanding Regulation

— Anna Valdez | Fostering Hope —

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Why Can't My Child Remain Calm? Understanding Regulation

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What We Believe

“They should be able to do that”

Focus

Understand

Be flexible

Adaptive

Stable

Coherent

Socially connected



How do you
view a
dysregulated
child?

This child's need will be
just like those of my
other children.

Is this true of what you thought?

This child will love
and connect with me
because I will love
and connect with the
child.

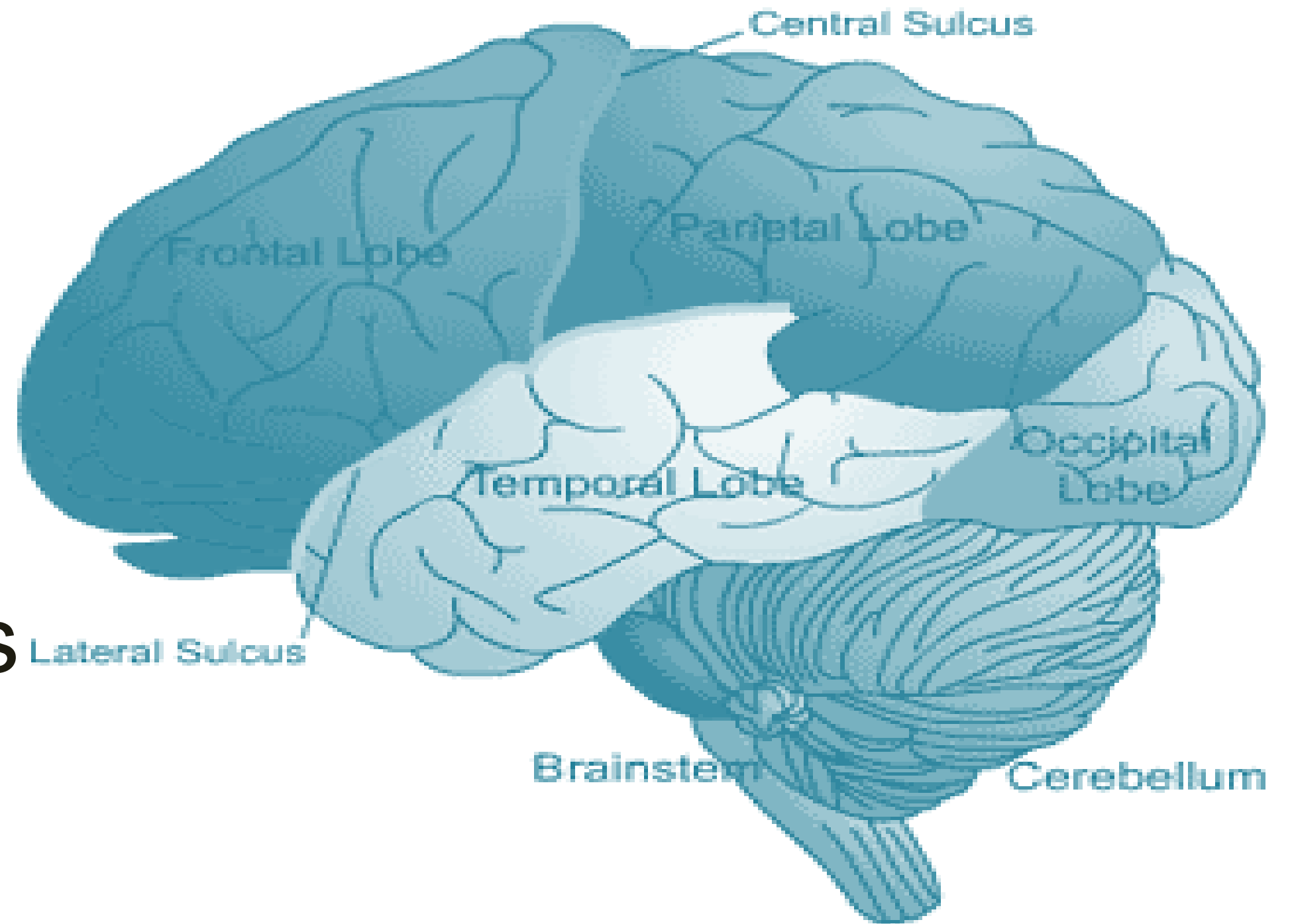
Is this true of what you thought?

TO
UNDERSTAND
REGULATION,
WE MUST
UNDERSTAND
TRAUMA'S
IMPACT

Capacity for learning is altered.
Stress system's response is altered.
Development is delayed.
Attachment is impacted.

Trauma and the Brain

- Reason
- Logic
- Language
- Interpretation of Cues
- Regulate Body

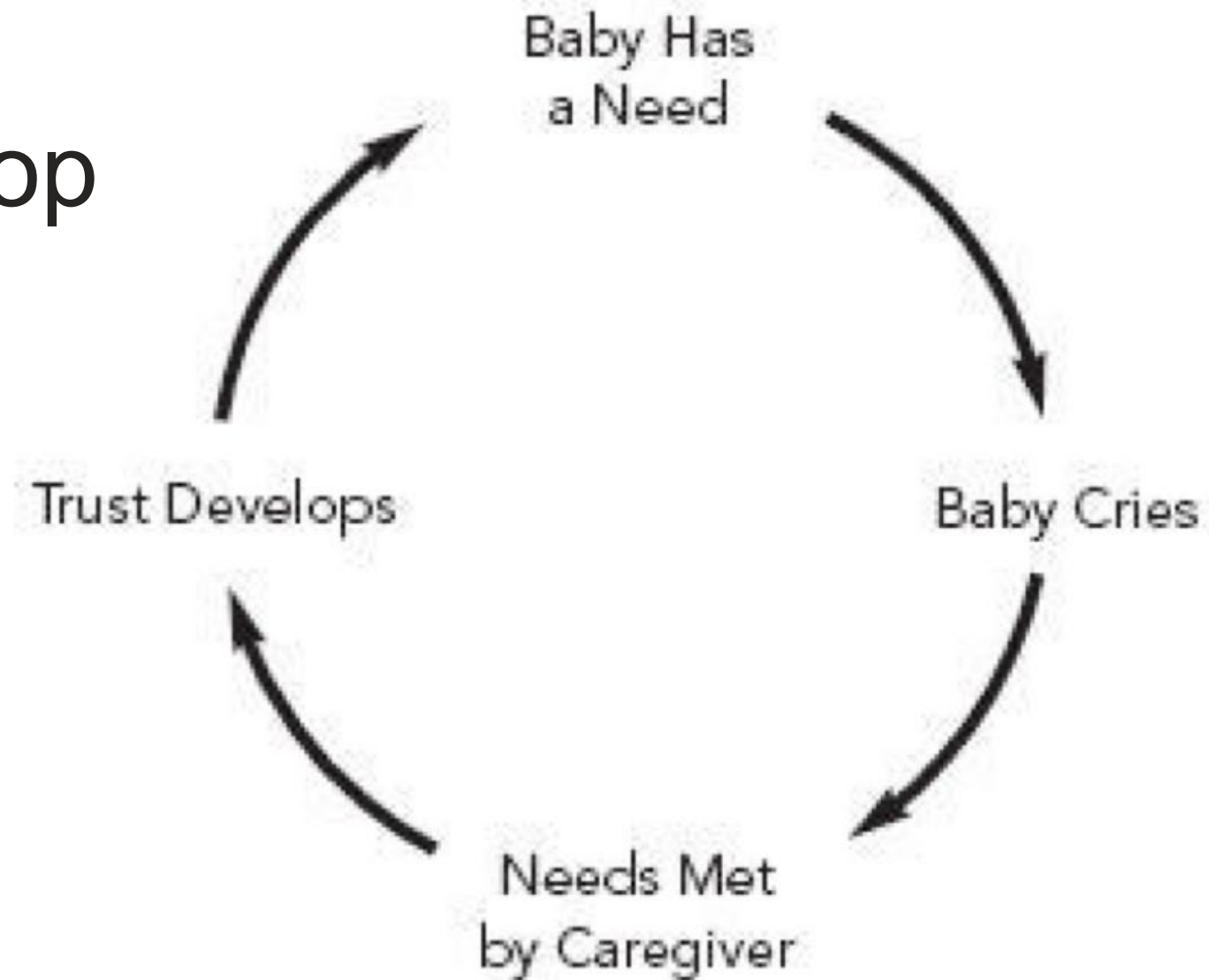


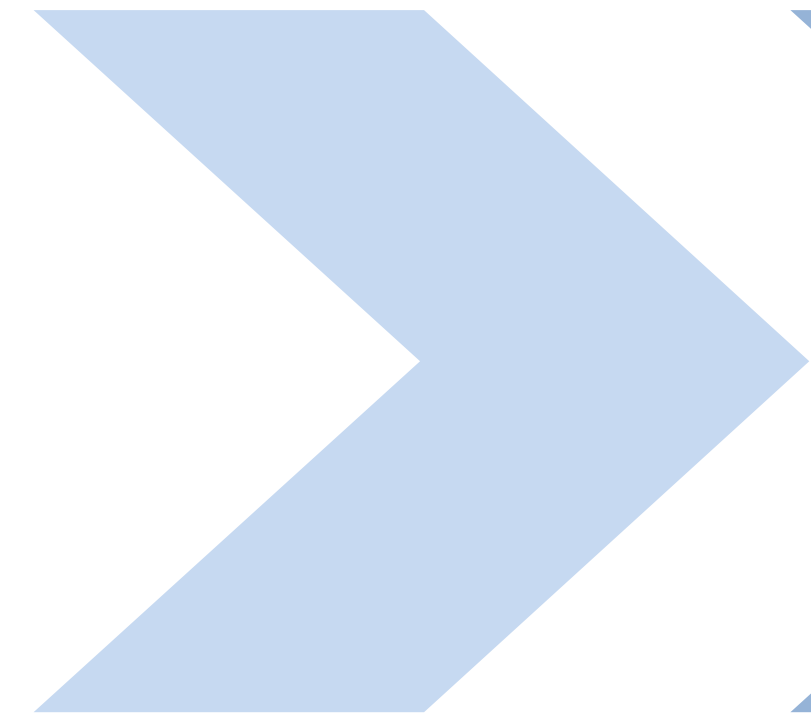
Looking at regulation in three ways

- How self-regulation is learned
- Connection is key
- Teaching skills proactively

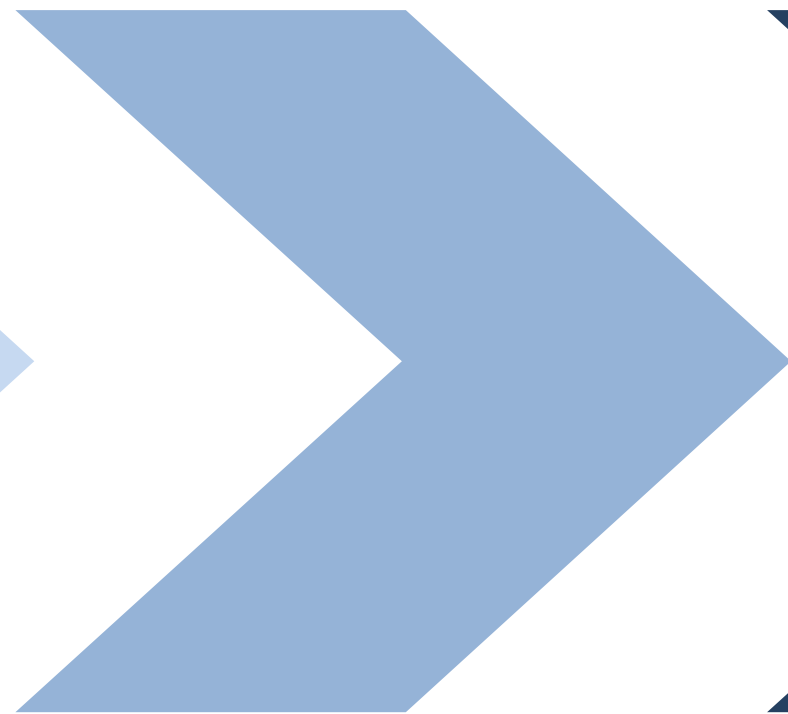
Regulation is a skill learned through attachment

Our mind, body and brain develop in the context of relationship

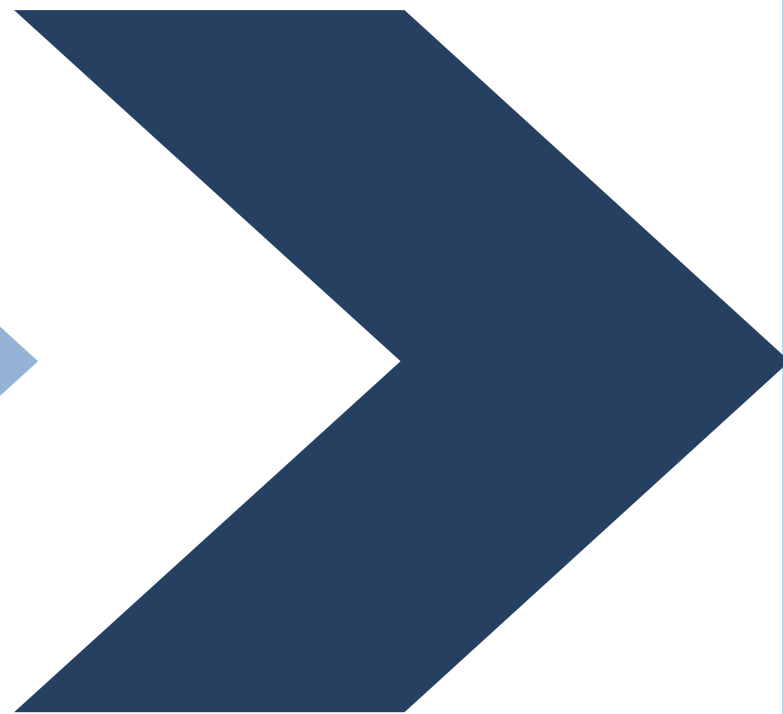




External
Regulation



Co-
Regulation



Self
Regulation

We must have
a regulatory
relationship

Connection is Key

- When you are calm, you can transfer calm
- Tone, cadence, volume
- Value eye contact
- Healthy touch
- Behavioral matching
- Playful interaction

Know your child's triggers

Certain foods, times of day, people and places

Know your child's difficult transitions

Daily and life transitions

Help your child manage overwhelming emotions

Anger, sadness, loneliness, etc.

Have a calming plan with pattern, repetition and rhythm.

(Bruce Perry)

Teach Skills Proactively

Practice Wrong Way
then Right Way

Role playing and puppets

Use Life Value Scripts

Short phrases to teach skills

Sample Life Value
Scripts

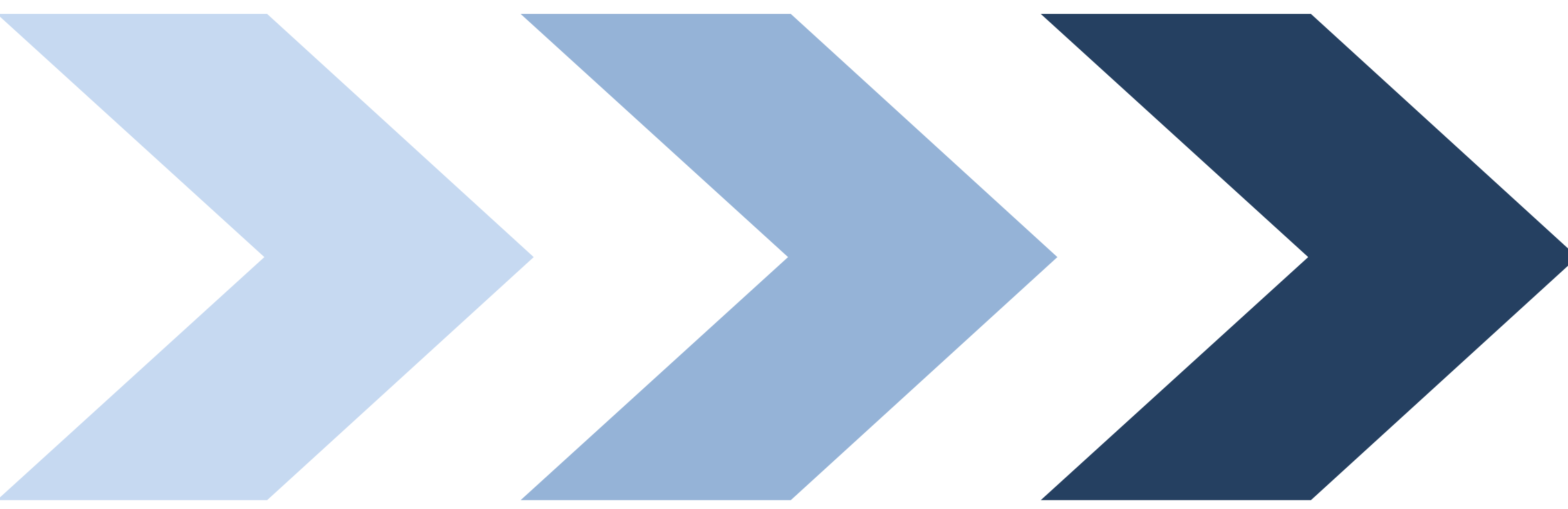
Are you asking or telling?

Try again with respect.

Use your inside voice.

Stick together.

Use the
regulation
model



External
Regulation

Co-
Regulation

Self
Regulation

Many times parents
set the bar for
behavior based on
what they expect
their child to be able
to do

Without keeping the child's history in mind.

When do I raise the bar?

Set the bar for child to be successful and then raise it when they have repeatedly been successful at learning that skill.



How do you
NOW view a
dysregulated
child?

What will you work on first?

1. Work on connection
2. Make a calming plan
3. Teach a skill (regulation)

Make it simple and ready to use in your home or work place.



Parent Coaching every 2nd and 4th
Thursday!

Weekly topics are on our website
Fosteringhopeaustin.org

Trauma Competent Caregiver
Course

Begins on October 7th!

Email

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Thank you for joining us!