

# The Paramount Importance of Early Childhood Educators

## The Self-Reg ECE

**Dr Stuart Shanker**



**Early Childhood Australia**  
A voice for young children

Celebrating **80** years

EARLY CHILDHOOD AUSTRALIA NATIONAL CONFERENCE 2018

**BE THE DIFFERENCE**  
FOR CHILDREN AND FAMILIES

# What is Self-Regulation?

- *How effectively and efficiently a child deals with stressors and then recovers*
- *Ever time a child has a stressor the brain responds with processes that consume energy*
- *This is followed by restorative processes to recover from this energy expenditure*



# Secondary Altriciality

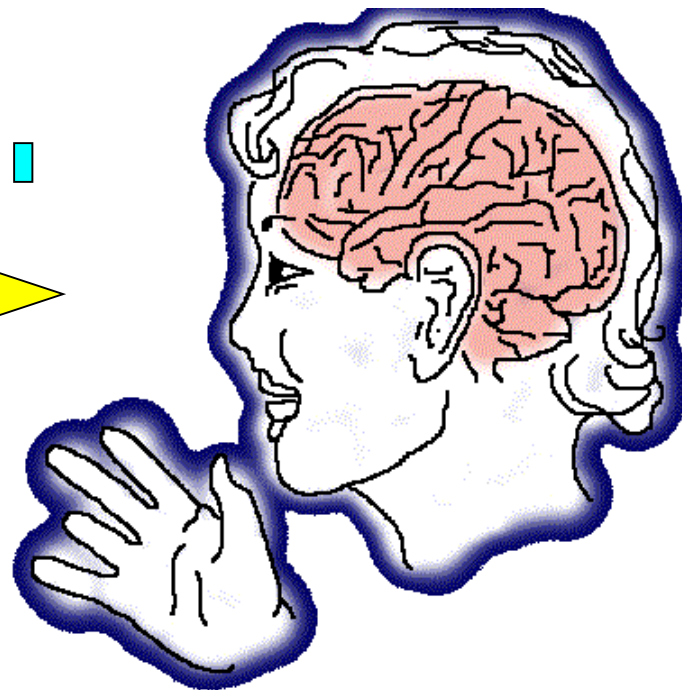
Babies are all born 'premature'

Synaptic growth in the first year is massive: 700 synapses per second

There is huge over-production of synapses that, at 8 months, will start to be 'pruned' back

Synaptic pruning is regulated by baby's emotional interactions with her caregivers





- ❖ Sound
- ❖ Vision
- ❖ Smell
- ❖ Touch
- ❖ Proprioception
- ❖ Taste

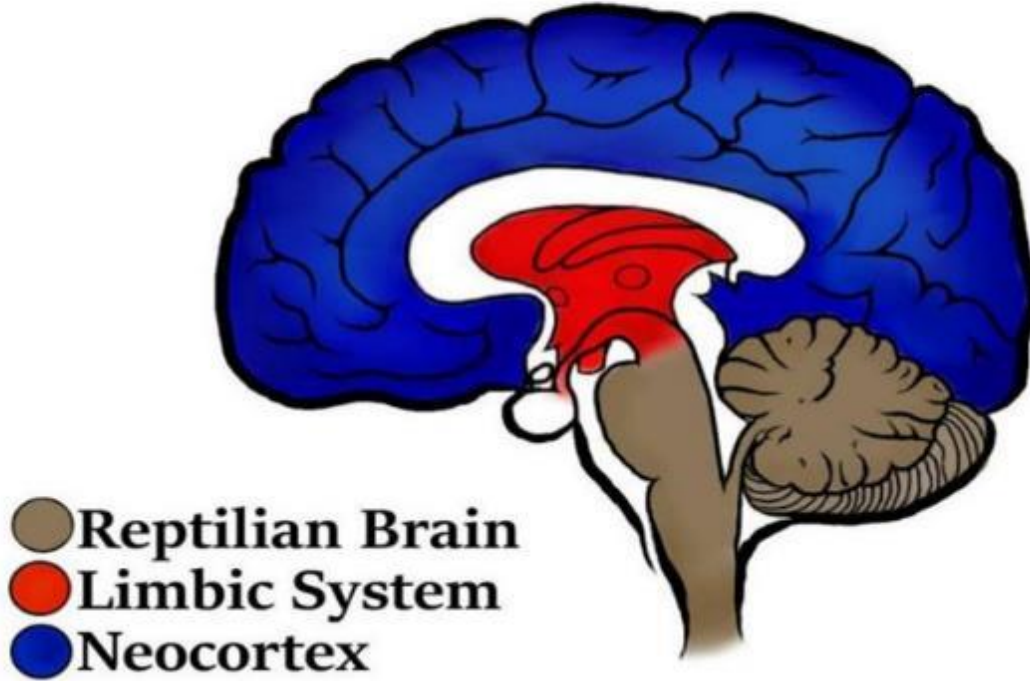


Early Childhood Australia | Celebrating 80 years  
A voice for young children

EARLY CHILDHOOD AUSTRALIA NATIONAL CONFERENCE 2018

BE THE DIFFERENCE  
FOR CHILDREN AND FAMILIES

# The Evolution-Designed Brain



**Early Childhood Australia** | Celebrating **80** years  
A voice for young children

EARLY CHILDHOOD AUSTRALIA NATIONAL CONFERENCE 2018

**BE THE DIFFERENCE**  
FOR CHILDREN AND FAMILIES

# The Self-Reg ECE

## 1. Temperament

**Morality**



**Attachment**

**Intelligence**

**Personality**



**Early Childhood Australia**  
A voice for young children

Celebrating **80** years

EARLY CHILDHOOD AUSTRALIA NATIONAL CONFERENCE 2018

**BE THE DIFFERENCE**  
FOR CHILDREN AND FAMILIES

# “Good” vs “Bad” Baby

---

“Difficult” baby showing us through his behaviour that his stress-load is too high, recovery is compromised

---

Baby needs us to soothe kindled alarm

---

Reduce stimuli, lullabies, Infant massage

---

Baby’s greatest need is for Interbrain

---





# Fragile vs Robust Attachment

Securely attached babies become insecurely attached in preschool

Insecurely attached babies become securely attached in preschool





# No such thing as a bad, lazy, or stupid child

- ❖ Personality — child’s “behavioural fingerprint” — becomes entrenched over the first 8-10 years
- ❖ Function of child’s stress-load and how we respond



# Reframing IQ

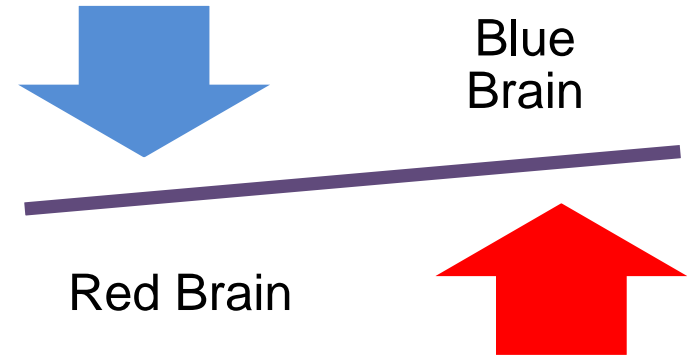
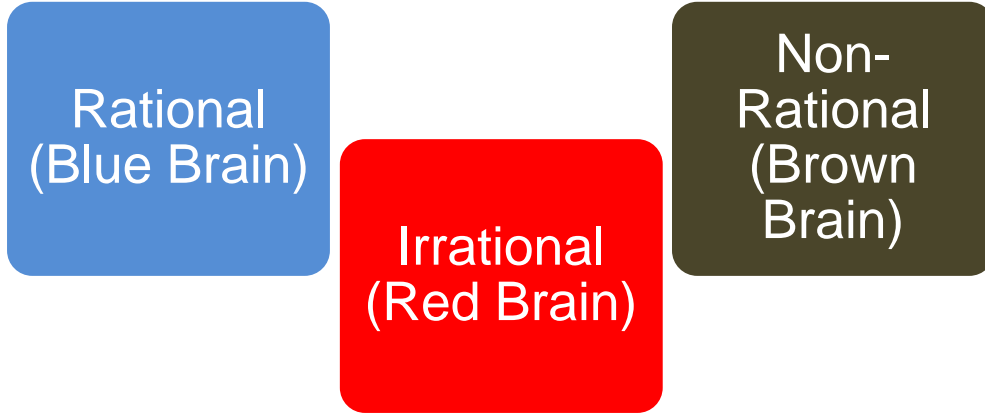
Reframing IQ



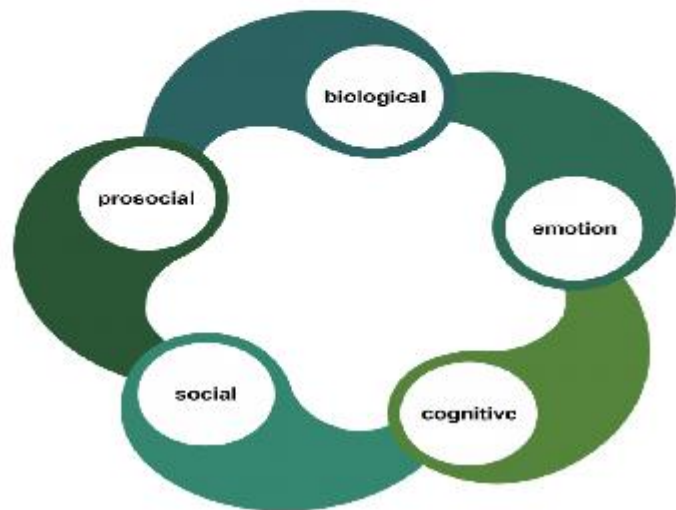
Limbic brakes



# Foundations of Morality



# SELF-REG FRAMEWORK



There are **5 Domains** in the Self-Reg Framework.

The Self-Reg framework is **not a program** – it is a **practical paradigm** through which parents and teachers can better understand a child or student and others.



**Early Childhood Australia**  
A voice for young children

Celebrating **80** years

EARLY CHILDHOOD AUSTRALIA NATIONAL CONFERENCE 2018

**BE THE DIFFERENCE**  
FOR CHILDREN AND FAMILIES

# 5 Self-Reg Domains: Stressors

Biological

Noises, crowds, too much visual stimulation, not enough exercise, lack of sleep, junk food

Emotion

Strong emotions, both positive (over-excited) & negative (anger, fear)

Cognitive

Difficulty processing certain kinds of information

Social

Difficulty picking up on social cues, or understanding effect of behaviour on others

Prosocial

Difficulty coping with other people's stress; sense of injustice (may include misinterpreting stress behavior as misbehavior)

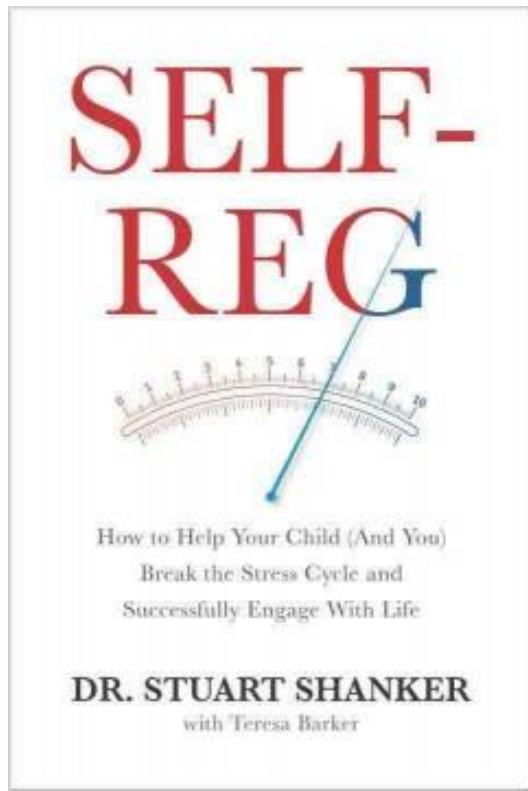


**Early Childhood Australia**  
A voice for young children

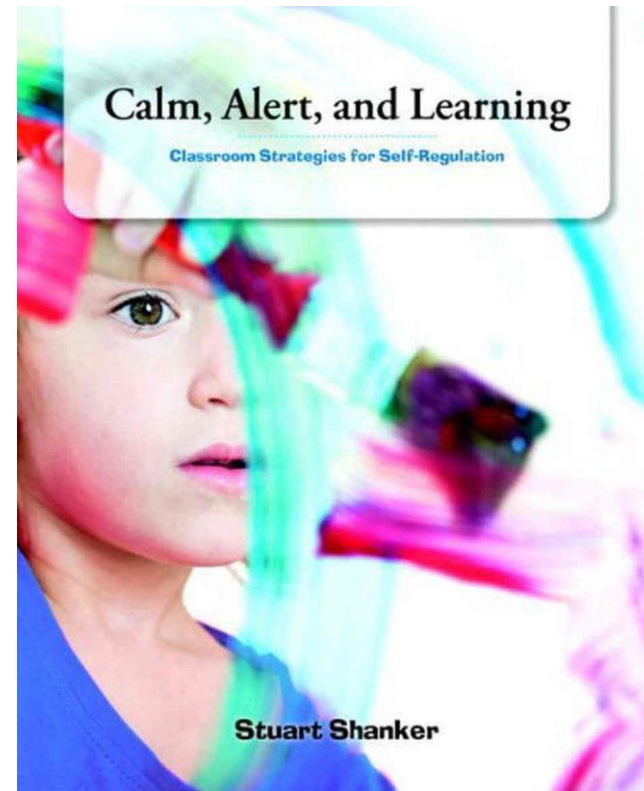
Celebrating **80** years

EARLY CHILDHOOD AUSTRALIA NATIONAL CONFERENCE 2018

**BE THE DIFFERENCE**  
FOR CHILDREN AND FAMILIES



# Books by Dr. Stuart Shanker



**Early Childhood Australia**  
A voice for young children

Celebrating **80** years

EARLY CHILDHOOD AUSTRALIA NATIONAL CONFERENCE 2018

**BE THE DIFFERENCE**  
FOR CHILDREN AND FAMILIES



Shanker Self-Reg®  
Online Learning

Visit: [www.self-reg.ca/learn/  
online-courses-with-dr-shanker/](http://www.self-reg.ca/learn/online-courses-with-dr-shanker/)



**SELF-REG IN**  
**Early Childhood**  
**Development**



# S O C I A L M E D I A

**Dr Stuart Shanker profile links:**

**Twitter: @stuartshanker**

**LinkedIn: Stuart Shanker**

**The MEHRIT Centre profile links:**

**Facebook: The MEHRIT Centre, Ltd.**

**Twitter: @Self\_Reg**

**LinkedIn: The MEHRIT Centre**

**Instagram: self\_reg**

