The Paramount Importance of Early Childhood Educators

The Self-Reg ECE

Dr Stuart Shanker
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
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
The Self-Reg ECE

1. Temperament

Morality  Attachment  Intelligence  Personality
“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

Rational (Blue Brain)  Non-Rational (Brown Brain)  Irrational (Red Brain)

Blue Brain  Red Brain

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EARLY CHILDHOOD AUSTRALIA NATIONAL CONFERENCE 2018
BE THE DIFFERENCE FOR CHILDREN AND FAMILIES
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.
### 5 Self-Reg Domains: Stressors

<table>
<thead>
<tr>
<th>Domain</th>
<th>Examples</th>
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<tbody>
<tr>
<td>Biological</td>
<td>Noises, crowds, too much visual stimulation, not enough exercise, lack of sleep, junk food</td>
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<tr>
<td>Emotion</td>
<td>Strong emotions, both positive (over-excited) &amp; negative (anger, fear)</td>
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<td>Cognitive</td>
<td>Difficulty processing certain kinds of information</td>
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<td>Social</td>
<td>Difficulty picking up on social cues, or understanding effect of behaviour on others</td>
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<td>Prosocial</td>
<td>Difficulty coping with other people’s stress; sense of injustice (may include misinterpreting stress behavior as misbehavior)</td>
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Books by Dr. Stuart Shanker
SELF-REG IN
Early Childhood Development
Dr Stuart Shanker profile links:
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