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# Regulation 101

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# Children (Early Childhood)



- Rapid development
- Depend on caregiver for healthy, nurturing environments and experiences in which they can thrive

(Watling, R., & Spitzer, S. L., 2018).

# Types of Regulation: (EI 0-3 years of age)

1. Physiological Regulation
2. Emotional Regulation
3. Behavior Regulation

# Physiological Regulation

## SYMPATHETIC



### Fight/Flight

- Fear
- Panic
- Anxiety
- Frustration
- Anger
- Rage

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Increased heart rate, blood pressure, adrenaline, pupil size.

## PARASYMPATHETIC VENTRAL VAGAL



### Safety/ Social Engagement

- Calm
- Joy
- Grounded
- Trusting
- Curious
- Open

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Increased digestion, immunity, rest and recuperation, oxytocin, connection to others.

## PARASYMPATHETIC DORSAL VAGAL



### Freeze/Shutdown

- Numb
- Trapped
- Hopeless
- Dissociated
- Depressed
- Lonely

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Decreased heart rate, blood pressure, temperature, muscle tone, eye contact, facial expressions, awareness of human voices.



# Physiological Regulation

Birth to 9 months

7 months to 18 months

16 months to 24 months

21 months to 36 months

Children's biological rhythms are supported and impacted by their caregiver(s) in order to establish their sleep/wake, feeding, and elimination patterns. Children also begin to develop awareness of stimuli in their environment.

# Emotional Regulation



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# Behavioral Regulation

Birth to 9 months

7 months to 18 months

16 months to 24 months

21 months to 36 months

As in all of development, behavior regulation occurs within children's cultural and social contexts

Behavior regulation starts with attentive caregivers meeting children's needs

# STRONG Self-Regulation Skills



VIDEO LINK:  
<https://shorturl.at/izL02>

Or SCAN below



# **SELF REGULATION vs CO-REGULATION**

**Self Regulation: The process that a child's brain goes through that gives them the ability to control their behaviors and emotions in response to a particular situation.**

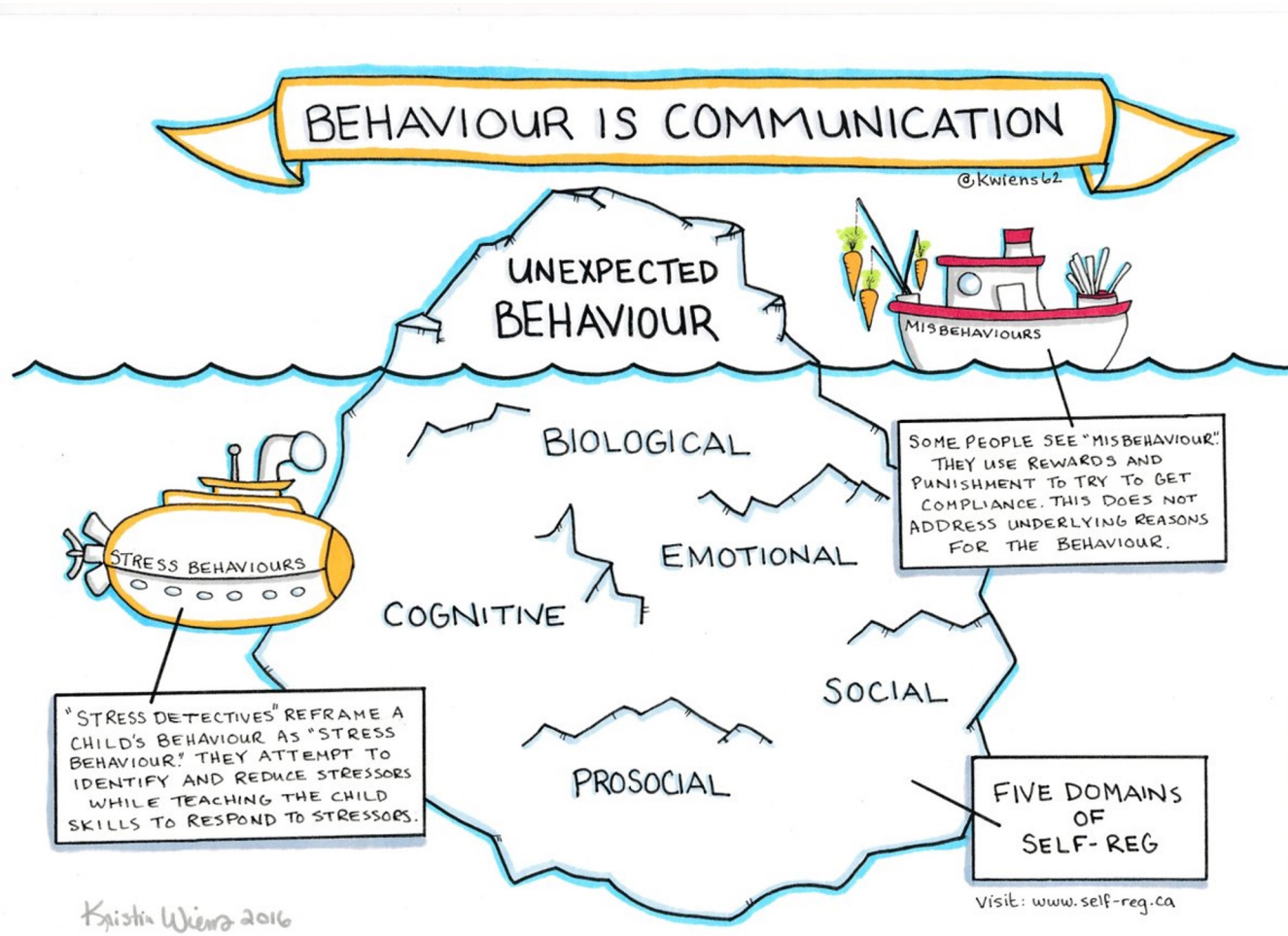


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# SELF REGULATION vs CO-REGULATION

**Co-Regulation: The process through which children develop the ability to soothe and manage distressing emotions and sensation from the beginning of life through connection with nurturing and reliable primary caregivers.**



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VIDEO LINK:  
<https://shorturl.at/wITWZ>

Or SCAN below



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