






"When we know how to deal with heightened negative and positive emotions and the actions of others, we become open to being better friends, caring citizens with understanding, empathy, and kindness for others, contributing to a healthier, more productive, and stronger future for us all."
-Dr. Donna Housman

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1

The Power of Responsive Relationships: Co-Regulation as the Path to Self-Regulation

with Dr. Donna Housman






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2

What Children are Experiencing

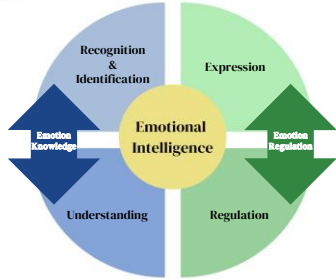
- Rise in children's stress, anxiety & dysregulated behavior
- 56% of pre-k teachers reported children being more aggressive, hyperactive & oppositional
- 55% of teachers reported children exhibiting more shy, withdrawn & anxious behaviors
- Loss of social-emotional skills

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Four Quadrants of Emotional Intelligence



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How Do Children Really Learn?

"When feelings are not managed or regulated well, thinking can be impaired; when the brain is dealing with unregulated emotion, it cannot learn."

—National Scientific Council on the Developing Child

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5

What is Self-Regulation?

The ability to be aware of, manage & regulate emotions to deal with stress & anxiety

Critical to regulating our behavior and thinking

Allows us to focus, problem-solve, learn & grasp new concepts


Children need positive, supportive & responsive relationships to be able to develop the skills of self-regulation

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The Power of Responsive Relationships

- Children are **emotional detectives**
- Children **develop within the context** of responsive relationships
- Children look to the **reactions, responses, actions & behaviors** of trusted adults
- Trusted adults are **key socializers**




Your emotionality as educators and caregivers is key

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The Impact of Trauma on Young Children



"...safe, stable and nurturing relationships not only buffer childhood adversity when it occurs but also promote the capacities needed to be resilient in the future."

Revised policy statement on childhood toxic stress issued by the American Academy of Pediatrics

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From Responsive Relationships to Co-Regulation

Co-regulation involves responsive interactions from trusted significant caregivers


Through co-regulation in **responsive relationships**, children internalize these actions, paving the way for **self-regulation**




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When Do We Start?



The brain is the most plastic in children's earliest years



Children's regulation is strengthened from our nurturing responses & reactions, support, guidance & modeling



Proactive responsive interactions
+
Anticipating children's needs
+
Providing emotional & physical support
= buffer

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The Path From Co-Regulation to Self-Regulation

Co-Regulation

Responsive, nurturing interactions where children take ownership of their ability to regulate

Find the words to understand & express the feeling and begin to calm down with the support and guidance of a trusted adult

→

Self-Regulation

Understand that everyone has emotions, it's what we do with them that matters most

Learning how to constructively express & effectively manage the intensity of emotions

Develop agency & sense of control when dysregulated

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Supporting Children's Development of Self-Regulation Through Co-Regulation




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Understanding the Impact of Self-Regulation on Learning, Behavior & Empathy

Children who can regulate big feelings are better able to:

- Pay attention & focus
- Listen
- Learn new concepts
- Problem-solve
- Understand other perspectives & experiences
- Act with empathy

It all comes down to emotional intelligence and self-regulation fostered by responsive relationships




13

What Can We Do to Support Children's Growth of Self-Regulation Through Co-Regulation?







Calm mind & body Share feelings Connect to a cause Brainstorm solutions Revisit feelings



14

From Co-Regulation to Self-Regulation





15

It All Starts with YOU


"Helping children to develop a strong sense of self, the ability to manage stress and heightened emotions, and have empathy and understanding for one another within responsive relationships are vital to building a strong future for us all."

- Dr. Donna Housman, Ed. D.



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16



Quick Poll

What is an area in your classroom or school where you require support?

17

**A Conversation About Promoting Self Regulation
As A Key Socializer of Children**



With Dr. Donna Housman & Emily Stone



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18



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"Our vision is to have a world where we can empower our next generation with the building blocks of emotional intelligence for lifelong learning, mental health and well-being, and success."

- Dr. Donna Housman, Ed.D

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