

## Self-Regulation in Early Childhood

Strategies for Emotional and Sensory Support





Welcome! We're so glad you're here.

In the chat, please share:

- Your name and role  
(teacher, coach, administrator)
- Your location
- What physical responses do you notice in yourself when you experience a child who is dysregulated?



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## Things to know...




Certificates




Recording



Resources



Evaluation



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## Becker's Education Team




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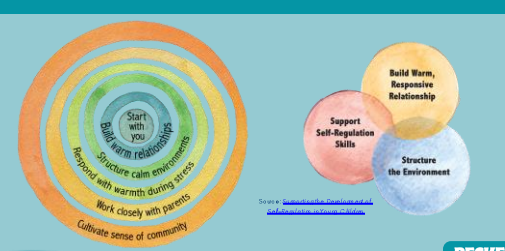
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## How Self-Regulation Skills Develop



The diagram illustrates the development of self-regulation skills through concentric circles and overlapping circles.

**Concentric Circles (from center out):**

- Start with you
- Build warm relationships
- Structure calm environments
- Respond with warmth during stress
- Work closely with parents
- Cultivate sense of community

**Overlapping Circles:**

- Support Self-Regulation Skills
- Build Warm, Responsive Relationship
- Structure the Environment

Source: [Sensory Skills Development and Self-Regulation in Young Children](#)

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## A Place-Based Approach



"Form and function are one."  
-Frank Lloyd Wright

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## Ingredients for a Cozy Corner



- Easily accessible
- Ample room with comfortable seating
- Sensory tools (enhance/reduce input)
- Visual guides
  - a. breathing techniques
  - b. identifying feelings
  - c. problem solving
- A nearby space for big body movement

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## Co-Regulation & Self-Regulation

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## Co-Regulation to Self-Regulation



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## Adult Self-Regulation



"An escalated adult never de-escalated a child."  
-Dr. Don Parker

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## Breathing Techniques



"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts."  
-Thich Nhat Hanh



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## Breathing Techniques



Provide clear visuals and physical tools

Practice daily

Model in-the-moment breathing



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## Feelings Identification



"Language shows us that naming an experience gives us the power of understanding and meaning."  
-Brene Brown



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### Developing an Emotional Vocabulary



Provide clear visuals and physical tools

Start with the basics & add terms based on the children's observed emotions

Describe body language displayed with different emotions

Practice daily

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### Daily Feelings Check-In



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### Describing Feelings During Play



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## Solutions Overview

**Social**  
All people have different ways of communicating. Some people use words, some use pictures, and some use a combination of the two.

**Emotional**  
People have different ways of feeling. Some people are happy, some are sad, and some are angry. It's important to understand and respect these differences.

**Sensory**  
People have different ways of experiencing the world. Some people are sensitive to touch, some to sound, and some to light. It's important to understand and respect these differences.

**Sensory (Interceptive)**  
People have different ways of understanding their own bodies. Some people are aware of their hunger, some of their thirst, and some of their emotions. It's important to understand and respect these differences.

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## Sensory Solutions

**Vision**  
- Brightly colored objects  
- Visual schedules  
- Visual aids  
- Visual feedback

**Hearing**  
- Music  
- Sound effects  
- Auditory feedback

**Touch**  
- Textured objects  
- Tactile markers  
- Tactile feedback

**Taste**  
- Different flavors  
- Different textures  
- Different temperatures

**Smell**  
- Different scents  
- Different textures  
- Different temperatures

**Proprioception**  
- Heavy work  
- Resistance bands  
- Balance exercises

Observe children daily  
Look for individual responses to sensory stimuli  
Try many different solutions and try them more than once

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## Sensory Overview

**Vestibular**  
The sense of balance and movement.

**Proprioceptive**  
The sense of where the body is in space.

**Interceptive**  
The sense of internal body states, such as hunger, thirst, and emotions.

**Touch**  
The sense of physical contact.

**Sight**  
The sense of visual information.

**Sound**  
The sense of auditory information.

**Taste**  
The sense of flavor.

**Smell**  
The sense of odor.

Understanding individual sensory needs helps:  

- Tailor supports
- Meet behavioral needs
- Meet learning needs

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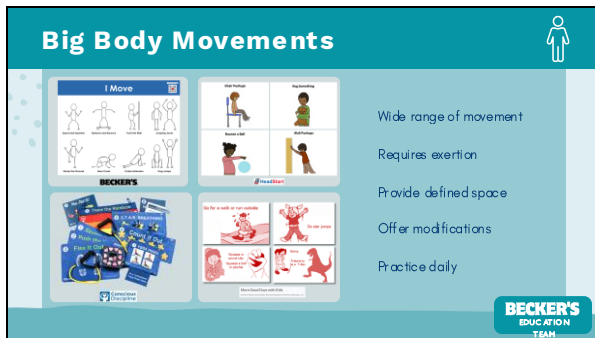
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## Social Conflict Resolution

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## Problem Solving Approaches

Provide clear visuals  
Consider a variety of components  
Center the child  
Remain grounded in co-regulation as the foundation of problem solving

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## Recipe for a Cozy Corner

Place-Based Approach  
Co-Regulation  
Emotional Vocabulary  
Breath  
Movement  
Strategies & Sensory Tools

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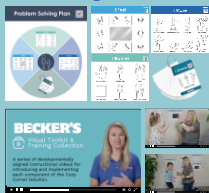
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## Already have a Cozy Corner?

**Visual Toolkit & Training Collection**



Becker's Cozy Corner Solution  
**Integrates with  
&  
complements**  
existing spaces & curricula

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## RESOURCES



**Make Your Own  
Breathing Activity Cards**

**Becker's Blog:  
Breathing to Balance**

**Webinar Reflection Guide**

**BECKER'S**  
Inspiration to Action  
Reflection Guide

<https://www.reflection.org/resources-and-toolkit/reflection-workbooks>  
<https://www.reflection.org/resources-and-toolkit/reflection-workbooks/reflection-workbooks-2024.pdf>  
<https://www.reflection.org/resources-and-toolkit/reflection-workbooks/reflection-workbooks-2024.pdf>  
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## QUESTIONS?

What questions do you have about  
implementing a place-based solution for  
self-regulation in your setting?



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# EVALUATION



Click on the link in the chat to answer 3 quick questions. Upon completion your certificate will be available to download.

Thank you for submitting your webinar evaluation. Click here for your certificate: <https://bit.ly/3m58k5n>

[Take my feedback](#)

You will also receive your certificate this week via email.

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