



Positive Parenting

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Which of your child's behaviors do you find most difficult?

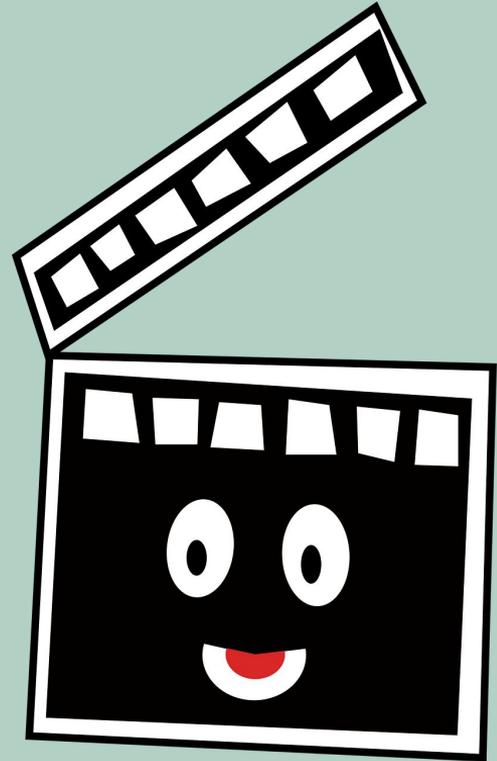
What does this bring up for you when these behaviors occur?



“These children’s external behaviors are often confusing because they are instigated by internal processes that the **children themselves most likely do not completely understand** and that teachers cannot observe or infer (Koplow & Ferber 2007; van der Kolk 2005).”

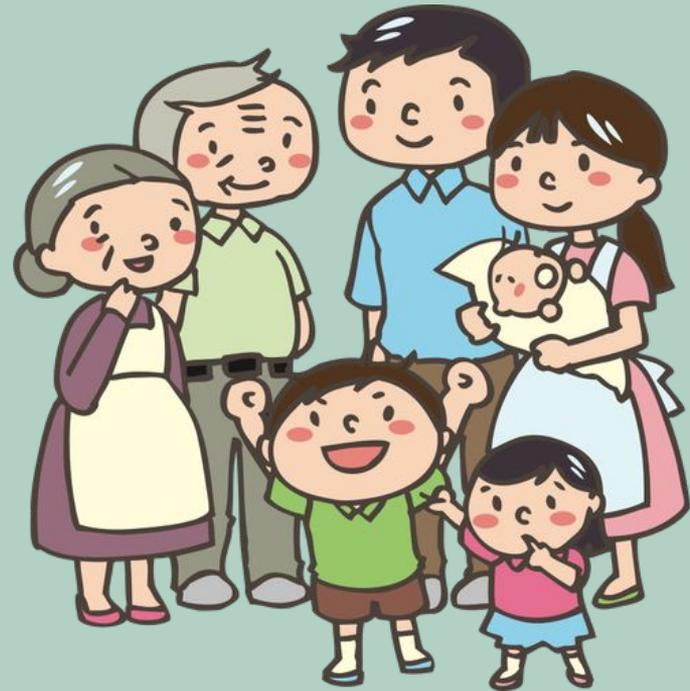
How Do You Regulate?

[Naianna Robertsson on Instagram: “Oh WHY do we feel SO triggered when our child has a tantrum? Some high-tech neuroscience diagrams for you in this reel. 😊 Humans are...”](#)



The Big Three Points

1. Caregiver Regulation
2. Be Curious
3. Co-regulate





Caregiver Regulation



Regulation

Regulation- Term generally used to **describe a person's ability to effectively manage and respond to an emotional experience** and the *skill of self regulation is not fully developed in preschool children.*



How Do You Regulate?

How do you regulate?

- No right or wrong way
- Different strategies in different places and different moments



What Goes on in the Brain?



Regulate Yourself

Regardless of what your child's difficult behavior is the best strategy to combat that behavior is to focus on regulating yourself in the moment...

REPAIR - Sometimes we are all human and we do not regulate, but we can go back and repair.





Be Curious



Wonder
Be Curious
Assume You Don't Know



Examples of Possible Triggers to Dysregulation

- Transitions
- Changes in the environment
- Loud noises
- Tone of voice
- Limit setting
- Conflict with peers
- Injury
- Basic needs not met



Fight Flight Freeze Response

FIGHT

- Yelling, Screaming
- Arguing
- Cursing
- Tantrum
- Kicking, Biting, Hitting, Spitting
- Destroying Property
- Throwing Objectives

FLIGHT

- Hides
- Runs away
- Falls asleep when there is noisy or over stimulating environment

FREEZE

- Daydreaming and Spacey
- Unresponsive to requests and questions





Co-Regulation



Notice and Label Your Child's Feelings and Experience

Transition- “I see your tears and sad face when I said it was time to go home, it is really hard leaving the playground when we are having so much fun.”

Basic Needs- “I see you angry, I am wondering if you are hungry and need a snack?”

Injury- “When your brother threw the toy it hit your arm, and now your arm might hurt.”

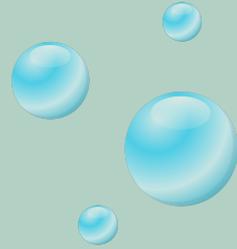
Limit Setting- “I see it is really hard to put the ipad down, and you're frustrated that you can't play anymore.”

Conflict with Peer- “You were having so much fun with your friend and your body has a lot of energy right now.”

Self- Regulation Shanker Five Domains

- **Physiological Regulation:** Sensory Overwhelm from sight, sound, texture, smell, taste, vestibular, proprioceptive, interoceptive
- **Emotional Regulation:** Ability to manage strong emotions, Capacity to experience and enjoy positive emotions
- **Cognitive Regulation:** Impulse control , Ability to process and remember information, think flexibly, focus attention, solve problems
- **Social Regulation:** Successfully read and interpret social cues, An awareness of how one's behavior affects others
- **Prosocial Regulation:** Capacity to give and receive empathic care

Regulation Strategies



- **Basic Needs-** hungry, tired, hot/cold
- **Physiological Regulation:** quiet time, music, tight hug, rocking, using scented products, pacifier or swaddle
- **Emotional Regulation:** talking about upsetting feelings, deep breathing, redirection/distraction, blowing bubbles
- **Social Regulation:** dancing, singing, reading a story, cooking together, art, special activity that is meaningful to the child



Summary

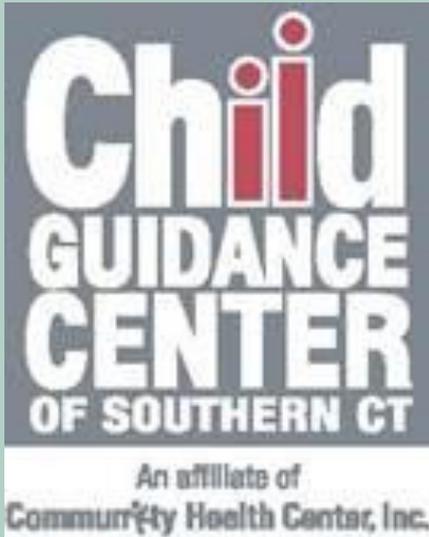
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Co-regulation is efficient and effective in dealing with stressors and recovering

Regulation is learned in relationship with important caregivers

Thank You



CGC Main Line- 203-324-6127

www.childguidancect.org