

# THE SELF-REGULATED PRESCHOOLER

## Co-regulation in the classroom



### What is self-regulation?

Self-regulation is a developmental process that includes reaching specific regulatory milestones in the progression towards independent regulation of behaviour.

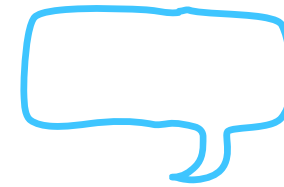
In other words...

Self-regulation is a person's ability to manage attention and emotions well enough to complete tasks, organise behaviour, control impulses and solve problems constructively (Murray et. al 2015).



### Why is it important?

Self-regulation is important because it allows us to live in a world with rules & societal norms. Research has shown that self-regulation is the key skill that every child needs to to unlock lifelong success.



### Your role as co-regulator

ECD teachers play a pivotal role in giving children the narrative to identify their feelings. This narrative is essential in supporting children to regulate their behaviour independently.



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“The way we talk to our children becomes their inner voice.”  
- Peggy O'Mara

How do we co-regulate for children in our classrooms?

Tune in to the cues that children send.  
Recognise behaviour & proactively offer the right amount of support.

**Pay close attention to cues**

**Respond warmly**

Respond sensitively. Acknowledge their feelings - verbalise emotions, thoughts & behaviours. Demonstrate that their needs matter.

Reinforce positive boundaries using repeatable phrases that become the 'tools of the mind.'

**Use the narrative**

**Build trust**

When you model consistent, nurturing care, a child learns to trust you. When children feel secure in the relationship, their minds are free to learn & co-operate.

Children will continue to need help to soothe & regulate but as their ability to self-regulate matures, their dependence on help lessens.

**Be consistent**