

Supporting Self-Regulation Skills in Children with ADHD

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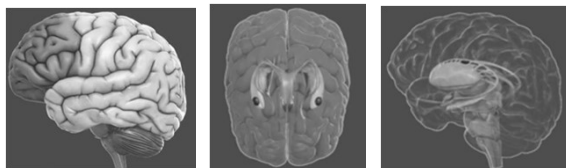
What is Self-Regulation?

- Our ability to respond to the environment in an effective way so that we can achieve goals and get along with others.
- This involves understanding and managing stressors:
 - Physical
 - Emotional
 - Cognitive
 - Social
- Using strategies to manage stress (internal) and your reaction to it (external)
- Being at an optimal state for learning and social engagement.



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Self-Regulation and the Brain

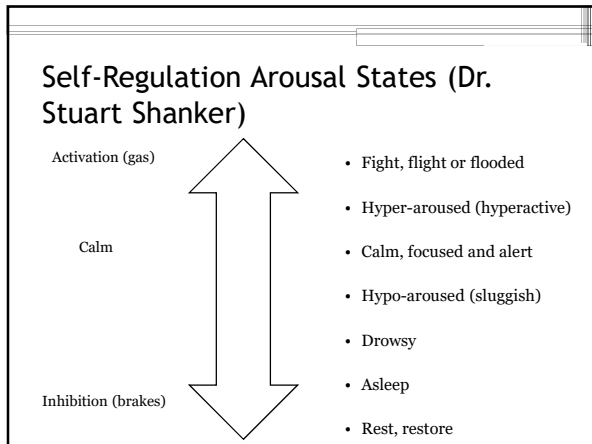


Prefrontal Cortex

Limbic System


Brain Stem

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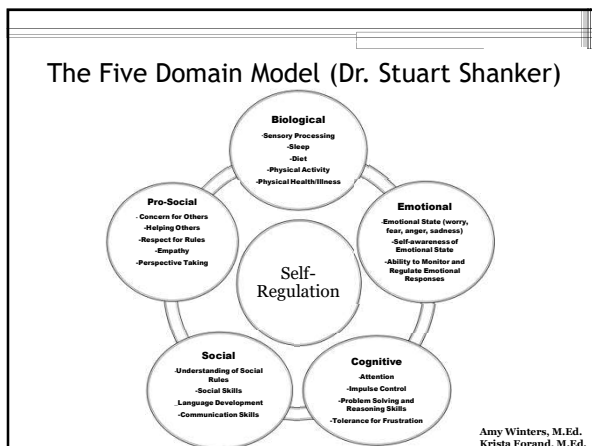


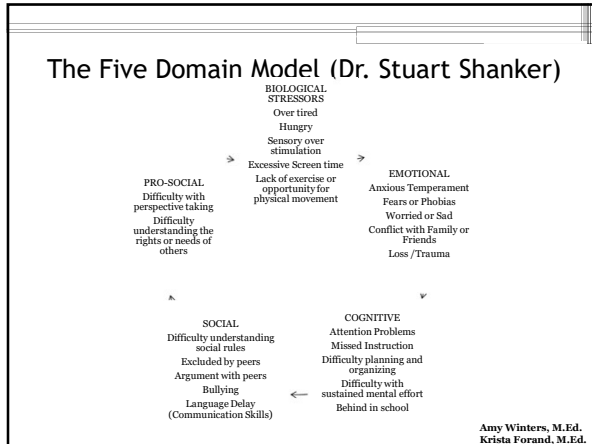
How Can Parents Help?

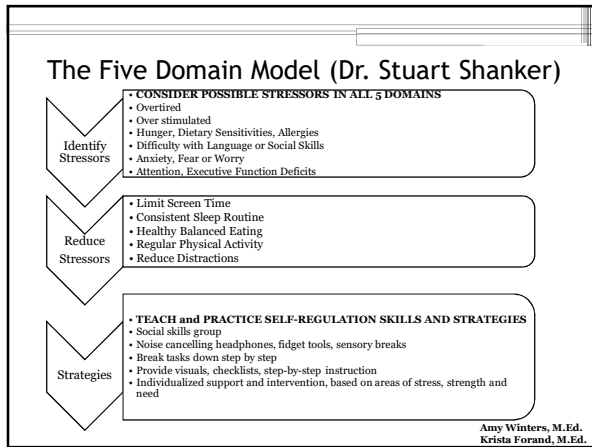
- Parents teach self-regulation skills:
 - Indirectly (modeling)
 - Directly (through conversation)
- Self-regulation starts at home!
 - Seek support and take care of yourself
 - Be patient with yourself and your child
 - Keeping moving forward, despite setbacks



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How does this apply to my child?

- Identify your child's stressors – what are they?
- Which stressors are practical to reduce?
- What small steps can you take to reduce some of these stressors?

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How does this apply to my child?

- Nutrition
- Communication skills
- Child/parent conflict
- Peer relationships
- Screen time
- Sleep
- Fears and worries
- Self-esteem
- Academic demands
- Health concerns
- Bullying
- Noisy environment
- Lack of exercise

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Self-Regulation Strategies

- Develop and model strategies to manage stressors in every day life (i.e., problem-solving)
 - Take a break (create a pause)
 - Ask for help
 - Deep breathing
 - Regular physical activity
 - Mindfulness
 - Noise cancelling headphones, fidget tools, movement breaks
 - Visuals, checklists, break things down
 - Specific programs (i.e., Zones of Regulation)
- Work with your child to develop strategies – get their input!

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Want to know more?

www.self-reg.ca (Dr. Stuart Shanker)

Questions?

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