

Cavendish Parent Workshops

Regulate



Introductions



What is regulation?



A regulated person/child is when the nervous system is relaxed and ready to go – to sleep, to play, to learn, to laugh, to love

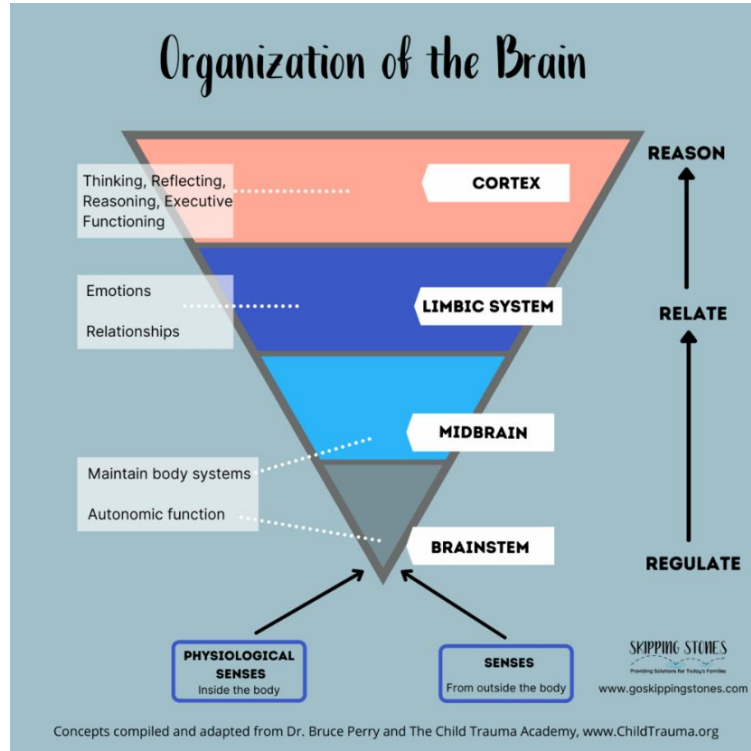


So, what is dysregulation?

A dysregulated person is, in that moment, unable to control their emotional responses, It can involve many emotions, including sadness, anger, irritability, and frustration, in this state a person/child, cannot relax, learn, laugh or play.



Understanding regulation



Rhythm

In utero baby is safe - she's not hungry, not thirsty, not cold,

Constant heart beat, sound, touch, vibration

All associated with feelings of safety

Outside the womb, mum knows if she rocks, and strokes baby is calm

Reinforcing core rhythmic association of safety

Signs of Emotional Dysregulation



Overly intense emotions



Impulsive behavior



Lack of emotional awareness



Trouble making decisions



Inability to manage behavior



Avoids difficult emotions

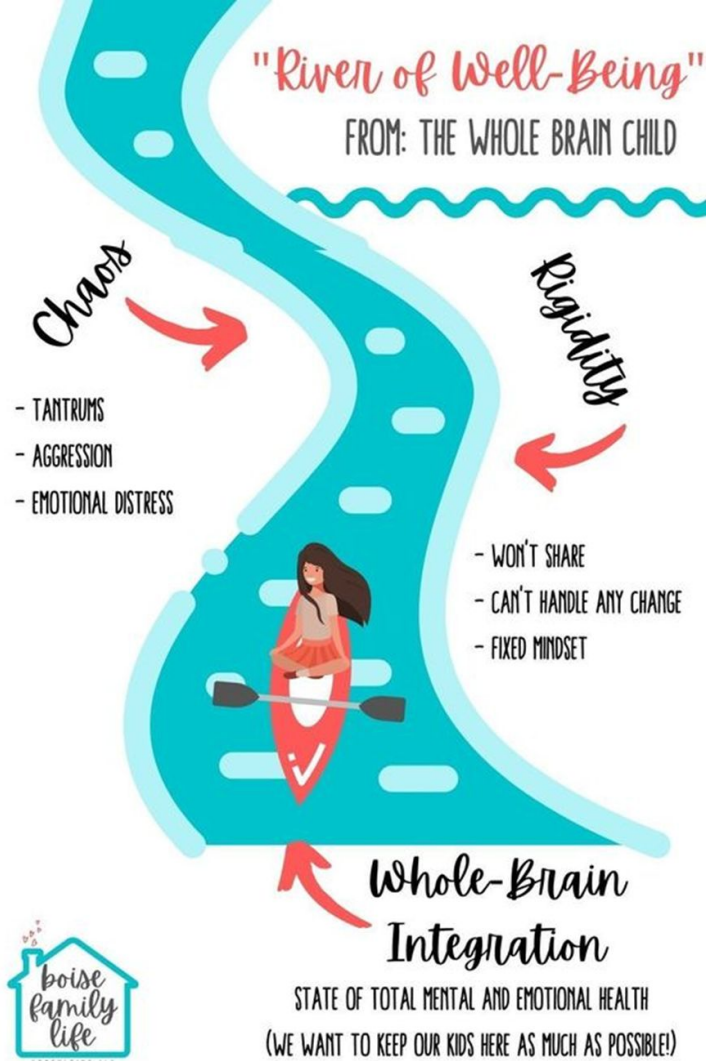
How do you know if you're dysregulated?

If a child is screaming or shouting or hitting you how do you feel?

Where do you feel it?

What do you do in that moment?

"A dysregulated adult will never regulate a dysregulated child" - Dr. Bruce Perry



What is co-regulation?

“Co-regulation is the way that the nervous system of one individual influences the nervous system of another. It really is that simple; although it is not only an interpersonal process but also a neurological and biological process.”

Kate Double, MSW, LCSW

How do we regulate ourselves?
How do we help regulate our little people?

Unhealthy strategies

Alcohol

Smoking

Emotional eating

Avoiding difficult situations

Withdrawing from company

Self-harm

Healthy strategies

Time out to calm

Notice the body clues

Connect and Redirect

Name it to tame it

Engage don't enrage

Move it or lose it



Julia Harvey 2021

Notice
the feelings
you're feeling
Notice
the triggers

Here comes the science stuff . . .



Connect
&
Redirect

Name it
to
Tame It

Move it or lose it!





ENGAGE

(CALM DOWN
& THINK)



ENRAGE

(FREAK OUT &
ESCALATE
EMOTIONS)

Homework!

Can you feel it?

Where do you feel it?

How do you calm down?

What do you see in your little person?

Maybe draw a body map?

