

Strategies for the Domains of Self-Regulation

Domain A child who is regulated in this domain will:	A child having difficulty regulating in this domain may:	Home Ideas	Notes
<p><i>Biological Domain</i></p> <ul style="list-style-type: none"> • Physical health. • Sufficient energy across the day. • Ability to recoup energy after taxing experiences. • Ability to focus around distractions. • Ability to follow healthy daily routines. 	<ul style="list-style-type: none"> -Children sensitive to noises, check out, cover their ears -Difficulty sitting for more than a few minutes -Child may with draw (become hypo-alert) Need to up-regulate and be stimulated -Opposite become over-stimulated and need to down-regulate -Children who are hungry or need to use the washroom 	<ul style="list-style-type: none"> Creating space for quiet time - Organize work space with your child - Predictable schedule - Warnings when transitions are near -Use a visual timer - Chunk homework and allow for breaks -Decrease technology time -Monitor technology use and talk to your children about what they are viewing -Consistent bed-time with enough hours for sleep 	
<p><i>Cognitive Domain</i></p> <ul style="list-style-type: none"> • Swiftly focus and maintain as required. • Consider multiple perspectives. • Plan and executive several steps consecutively. • Problem solve and revise plan. • Understand cause and effect. • Time Management (Prioritize tasks and goals) • Self- reflection and self-awareness. 	<ul style="list-style-type: none"> -Difficulty focusing attention -Giving up at the slightest frustration -Fantasizing during class -Experience distracting impulsive thoughts -”Punishing these children for “behaviour” makes the situation worse 	<ul style="list-style-type: none"> - Have consistent routines - Help prioritize homework tasks - Use a visual timer - Daily routine can be posted as a reminder - Play games (Simon Says) or do puzzles - Help your child understand his/her strengths and build on these - Empower your child by giving him/her choice - Model effective listening -Be aware of your technology use and listening skills - Provide clear instructions (write them down; break them down) - Organize your child’s environment (with him/her) 	

<p>Emotional Domain</p> <ul style="list-style-type: none"> • Modulation of strong emotions • Ability to recover from adversity • Courage to learn new things • Desire to achieve goals • Healthy and realistic sense of self 	<ul style="list-style-type: none"> -Become overly excited when praised -Show intense frustration when trying to solve a problem -Become paralyzed with fear when dealing with a bully -Emotions make it very difficult to focus on anything else and expend a lot of energy -Experience feelings of anxiety 	<ul style="list-style-type: none"> - Spend time talking to your child about his/her day; validate their feelings - Yoga classes - Calm area in house to retreat if needed - Learn new things together - Talk through an event or activity that may be causing anxious feelings; what could you do to feel prepared? (e.g., a kit for babysitting) -Actively listening to your child and using: I feel _____ because ____ Can you please _____. 	
<p>Social Domain</p> <ul style="list-style-type: none"> • Understanding the feelings and intentions of self and others. • Monitoring the effects responses and adjusting when necessary (“appropriate responses”) 	<ul style="list-style-type: none"> -Have difficulty listening to the ideas of others -Have difficulty taking ownership over actions -Respond inappropriately to a situation -Have difficulty reading social cues 	<ul style="list-style-type: none"> -Plan family social activities - Have family nights -Eat dinner together without distractions -Provide opportunities for structured and unstructured play -Teach social cues as situations present themselves 	
<p>Pro-Social Domain</p> <ul style="list-style-type: none"> • Caring about another’s feeling and helping that person deal with them. • Putting the needs and interests of others ahead of one’s own. • Wanting to “do the right” thing, and having the conviction to act upon it. 	<ul style="list-style-type: none"> -Ignore the needs of others and walk away -Feel overwhelmed by the emotions of others and become upset themselves and turn to laughter or other unexpected social behaviours -Difficulty taking the perspective of others -Unable to help friend in any way -Difficulty entering into social situations 	<ul style="list-style-type: none"> -Watch movies together that incorporate empathy - Talk about how the characters’ feelings - Read stories - Support action your child wants to take (Food Bank) - Discuss initiatives like this with your child -Spend time with and taking care of animals (walk a neighbor’s dog, family pets) 	