



From Chaos To Calm:

*Helping Children Learn
To Regulate*

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KEY PRINCIPLES FOR UNDERSTANDING REGULATION

1 ATTACHMENT IS THE FOUNDATION FOR THE HEALTHY DEVELOPMENT OF EVERY CHILD.

2 SELF-REGULATION IS ATTACHMENT RELATIONSHIP DEPENDENT.

ATTACHMENT: EXPLORING 4 QUESTIONS

What is
attachment?

How does
healthy
attachment
develop?

What can
interrupt the
development of
healthy
attachment?

What do
attachment
patterns
learned in
childhood
look like in
adulthood?

WHAT IS ATTACHMENT?

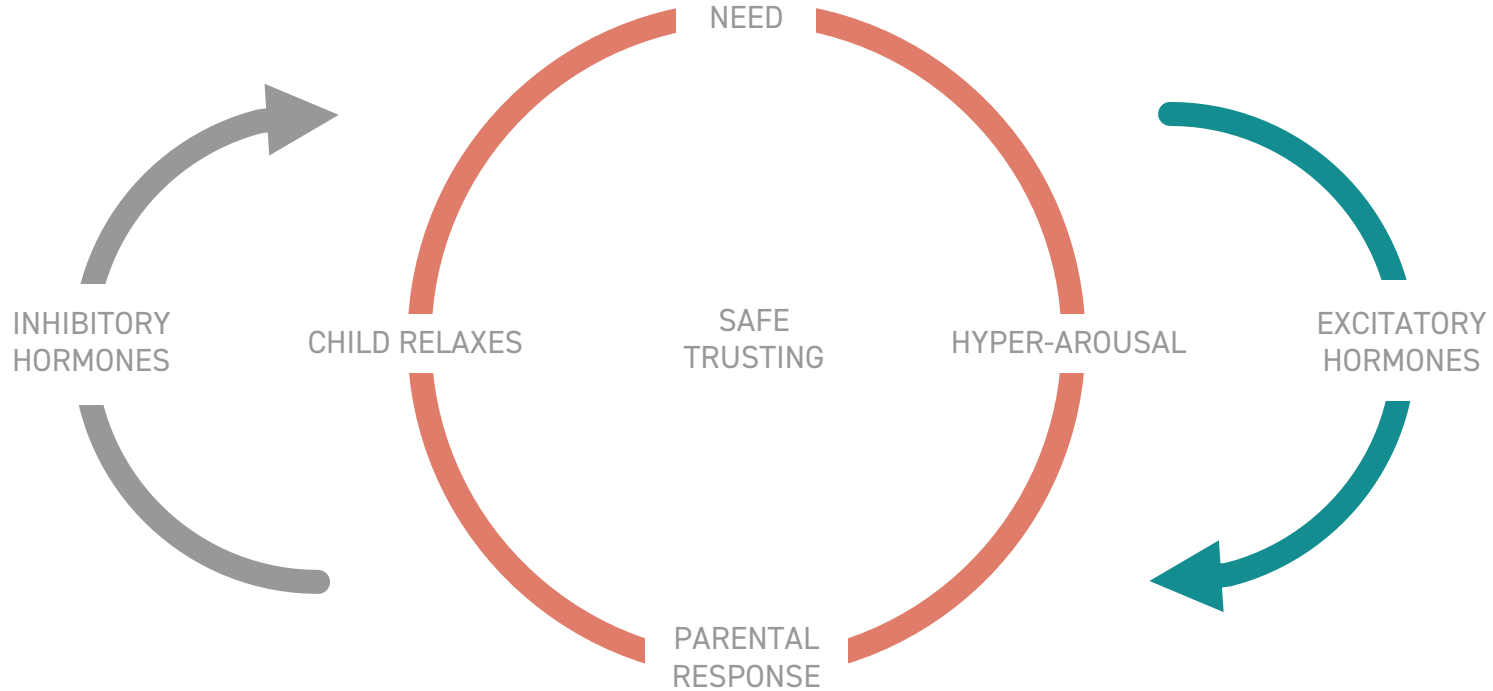


WE ARE HARDWIRED FOR CONNECTION.

"Every child is born looking for someone who is looking for him."

— Curt Thompson, M.D.

HOW DOES HEALTHY ATTACHMENT FORM?



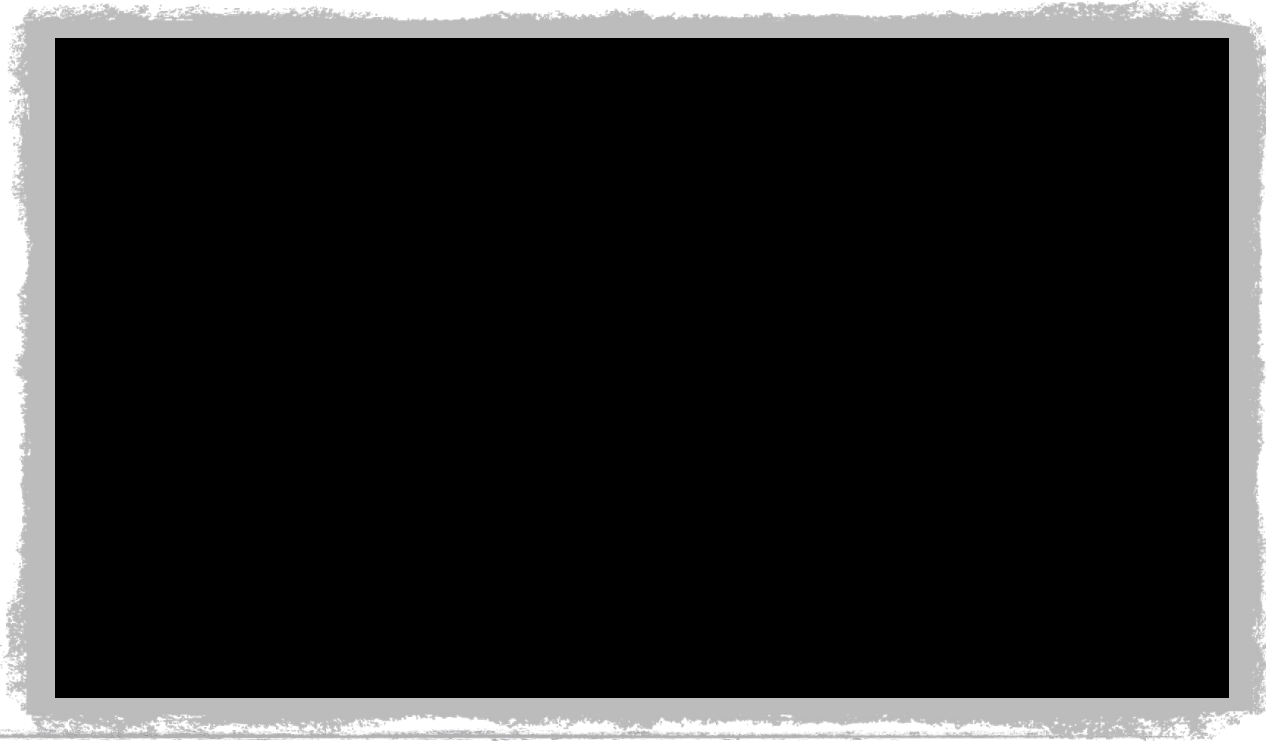
ATTACHMENT STYLES

HEALTHY SECURE ATTACHMENT – CONSISTENT WARMTH AND AFFECTION

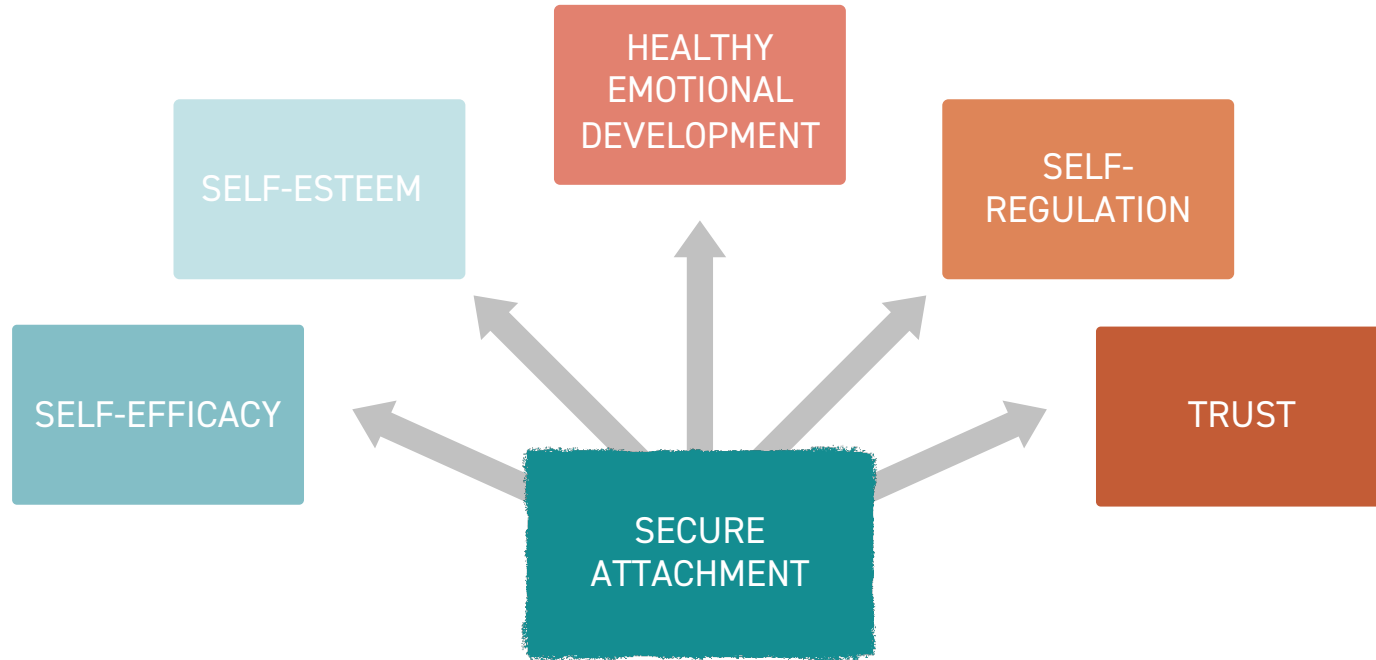
SECURE ATTACHMENT

*"I am valuable and I am seen.
My emotions are worthwhile."*

SECURE ATTACHMENT



BENEFITS OF SECURE, NURTURING ATTACHMENT



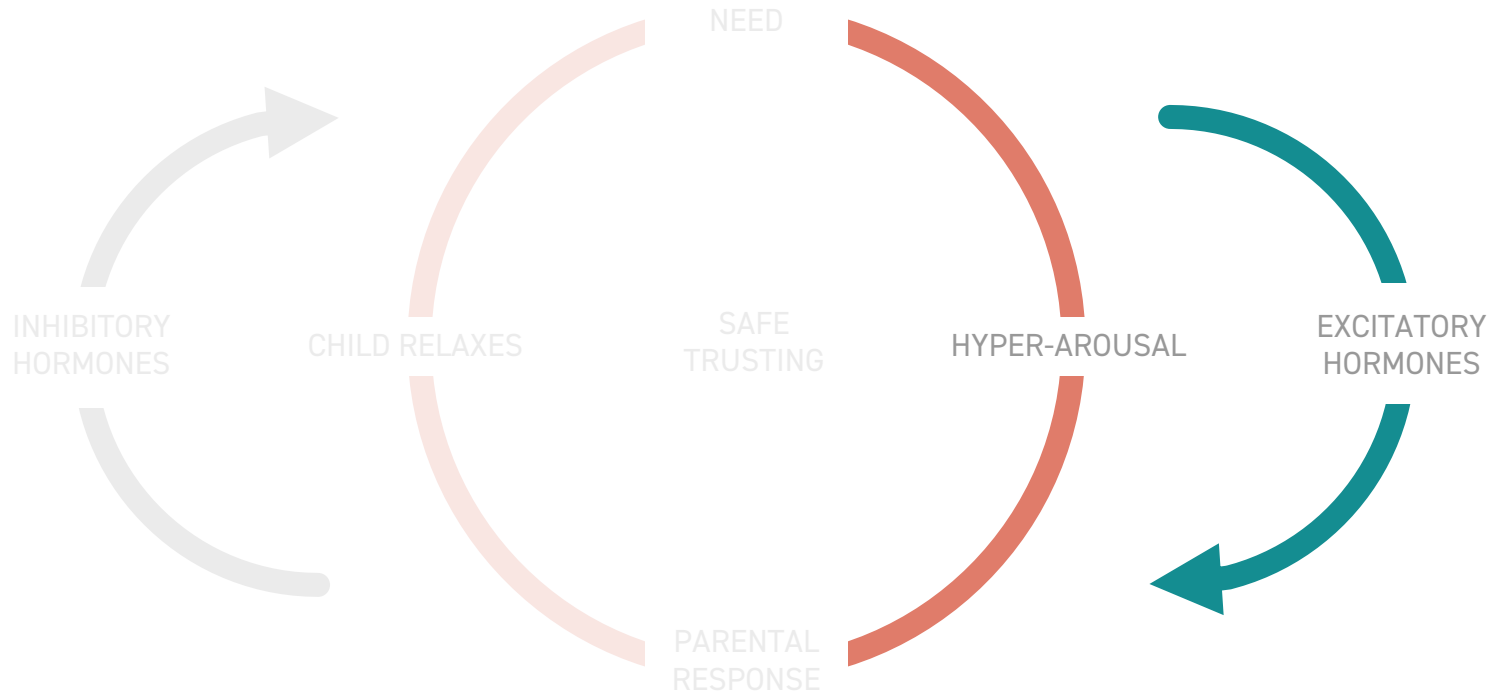
FOUR KEY ABILITIES



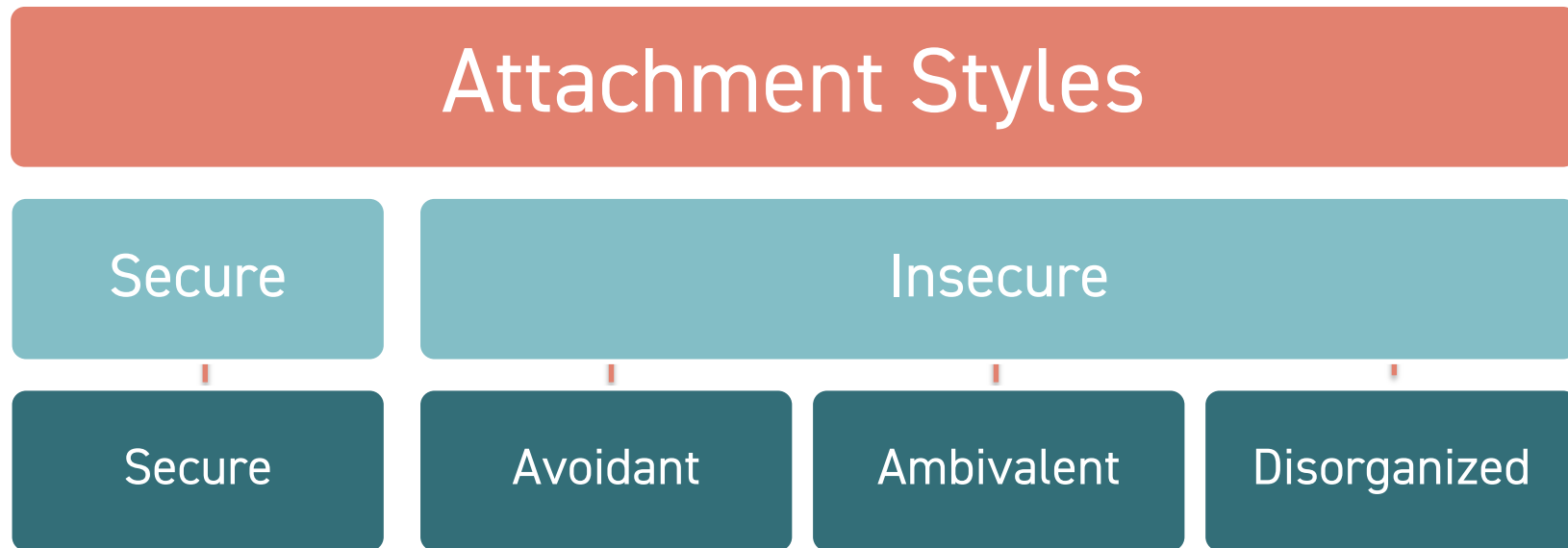
Jude Cassidy, 2001.



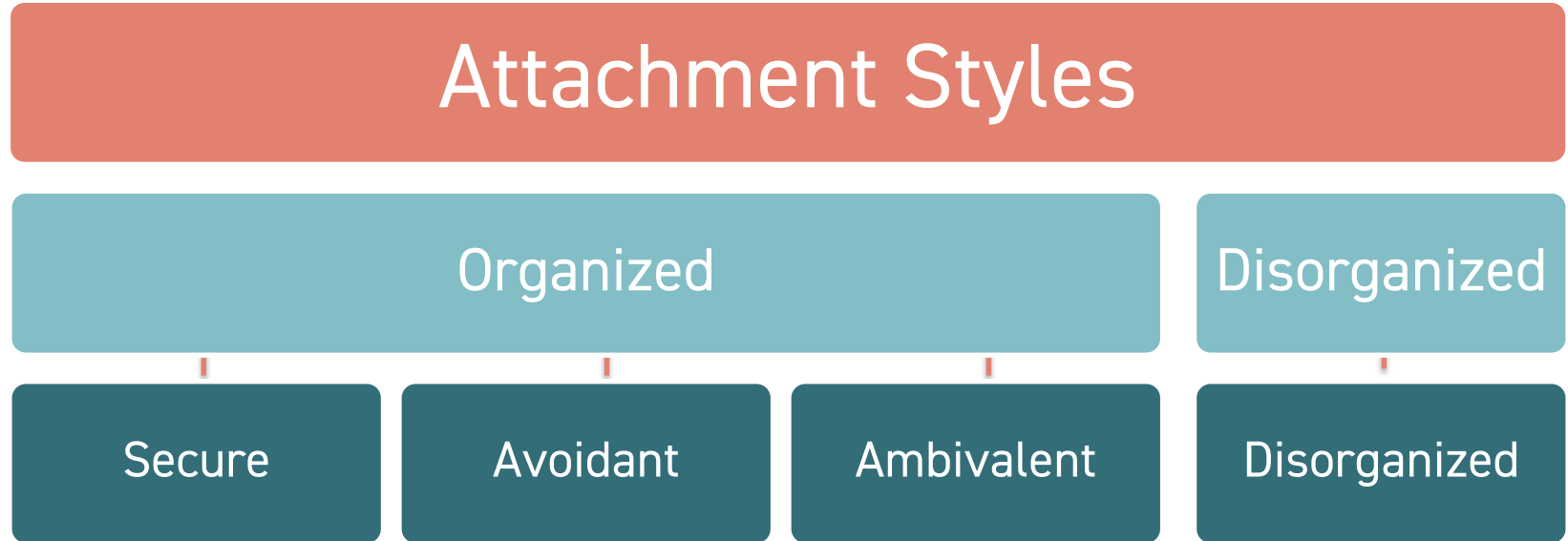
WHAT INTERRUPTS HEALTHY ATTACHMENT?



ATTACHMENT STYLES BY SECURITY



ATTACHMENT STYLES BY ORGANIZATION



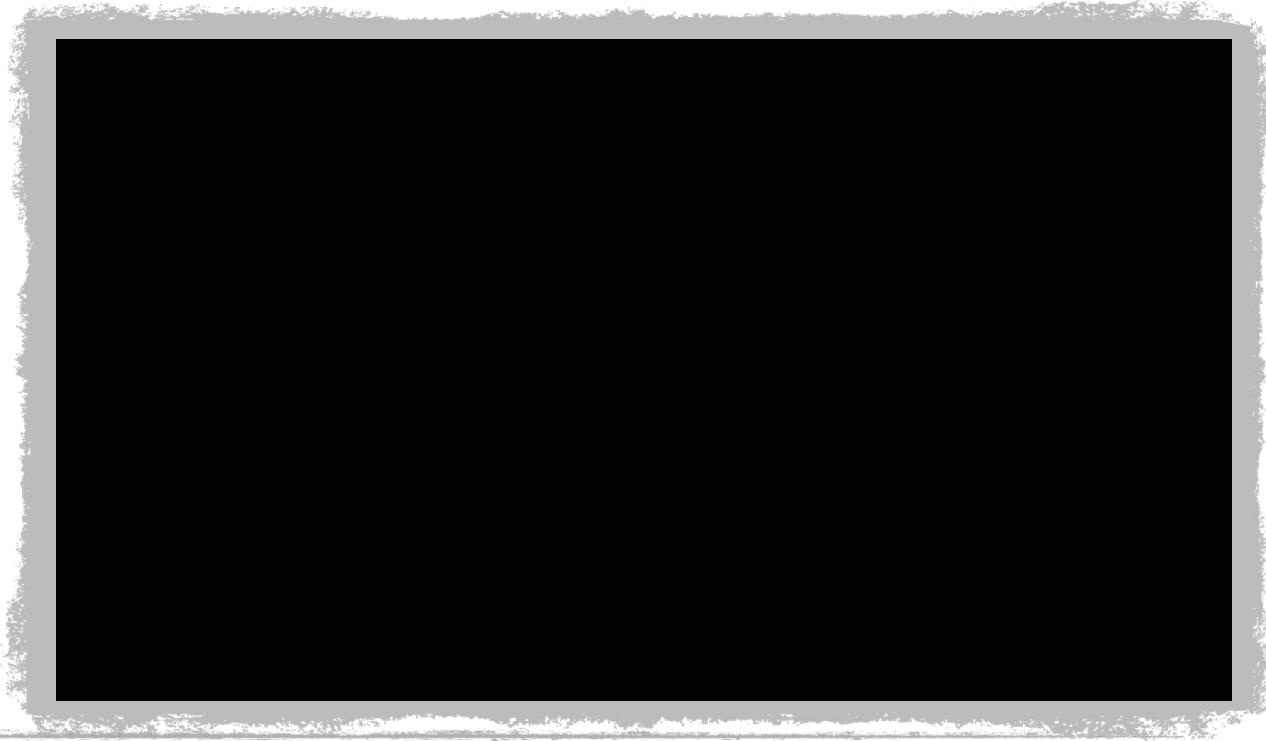
ATTACHMENT STYLES

INSECURE ATTACHMENT – INCONSISTENT WARMTH AND AFFECTION

AVOIDANT ATTACHMENT

*"I haven't gotten what I need in
life, so, to survive,
I am not going to need anything
from anybody."*

AVOIDANT ATTACHMENT



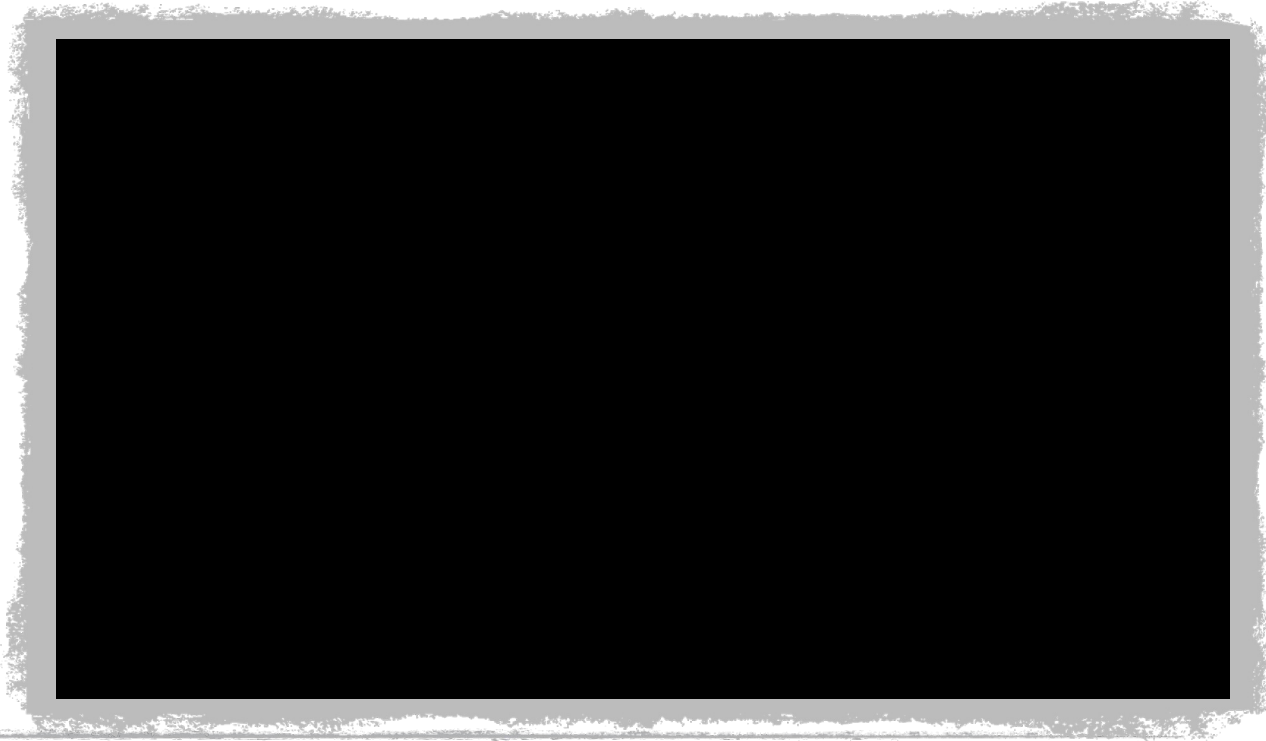
ATTACHMENT STYLES

INSECURE ATTACHMENT – INCONSISTENT WARMTH AND AFFECTION

AMBIVALENT ATTACHMENT

" I have to keep my emotional displays going to keep attention. My parents were not only disconnected, but inconsistent. Sometimes they were there. Sometimes not."

AMBIVALENT ATTACHMENT



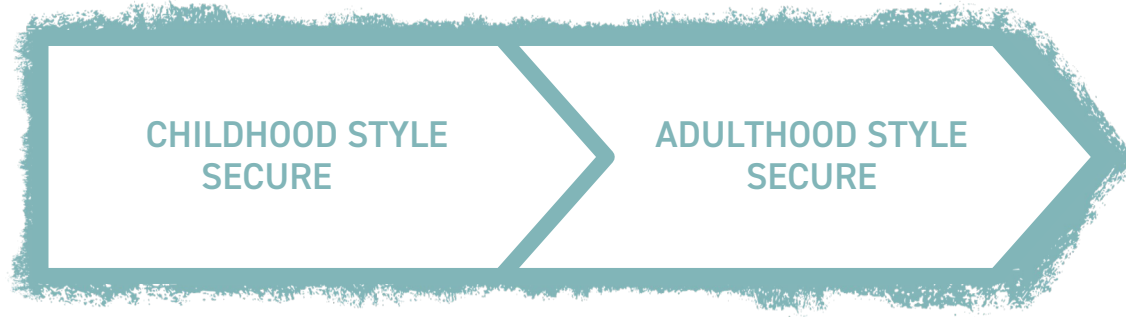
ATTACHMENT STYLES

INSECURE ATTACHMENT – INCONSISTENT WARMTH AND AFFECTION

DISORGANIZED ATTACHMENT

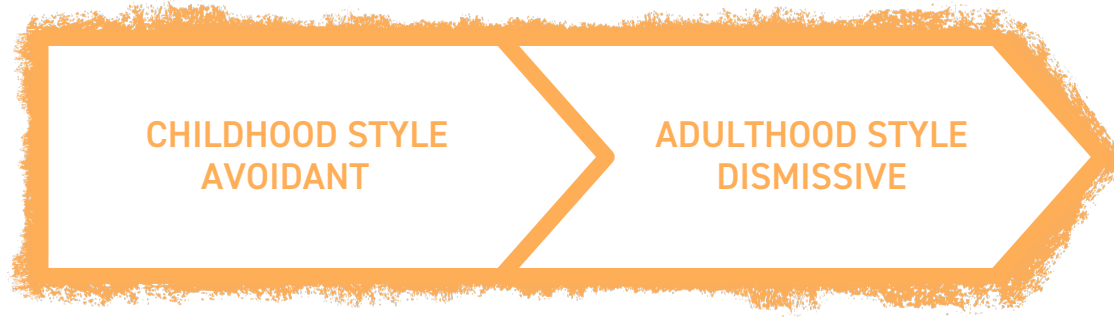
" My caregivers are frightening and unpredictable. I have no way to be comforted and so I can't regulate my emotions or my behaviour. "

WHAT DO ATTACHMENT STYLES LOOK LIKE IN ADULTHOOD?



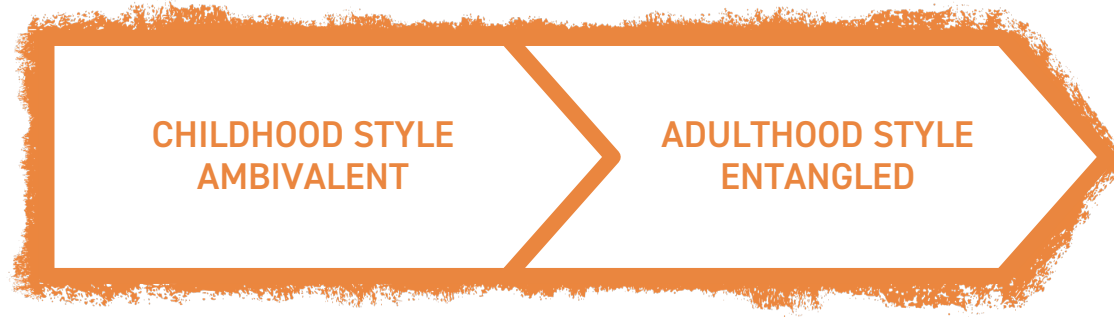
"In relationships I am comfortable meeting other's needs and seeking care for myself as well. I don't need to be needed in order to feel connection."

WHAT DO ATTACHMENT STYLES LOOK LIKE IN ADULTHOOD?



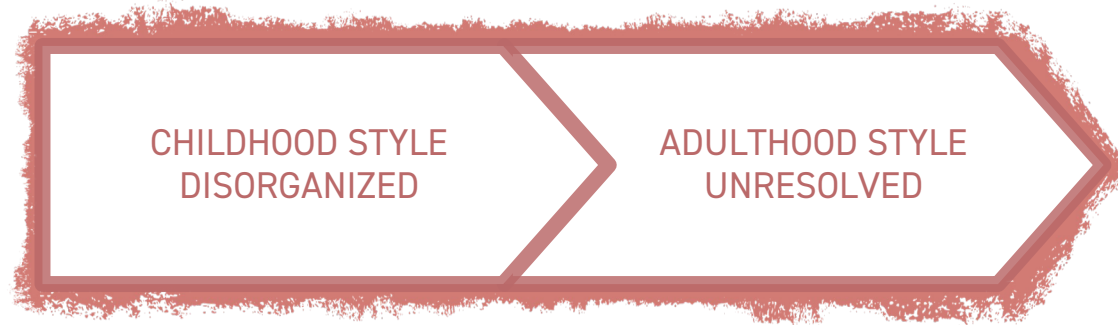
"I have learned to mask my emotional needs. No one ever gave me permission to express them. I am uncomfortable with your displays of emotion."

WHAT DO ATTACHMENT STYLES LOOK LIKE IN ADULTHOOD?



*"I meet what I perceive as your needs because I need to feel needed by you.
I tend to be overly controlling and involved."*

WHAT DO INSECURE ATTACHMENT STYLES LOOK LIKE IN ADULthood?



"I am repeating the abuse and frightening trauma I experienced as a child in my relationships today. I don't know how to do it any differently."

FOUR KEY POINTS ABOUT SELF-REGULATION

1

Self-regulation is relationship dependent. It is built on the foundation of attachment.

2

The more secure the attachment is, the more open the child is to the caregiver's calming guidance.

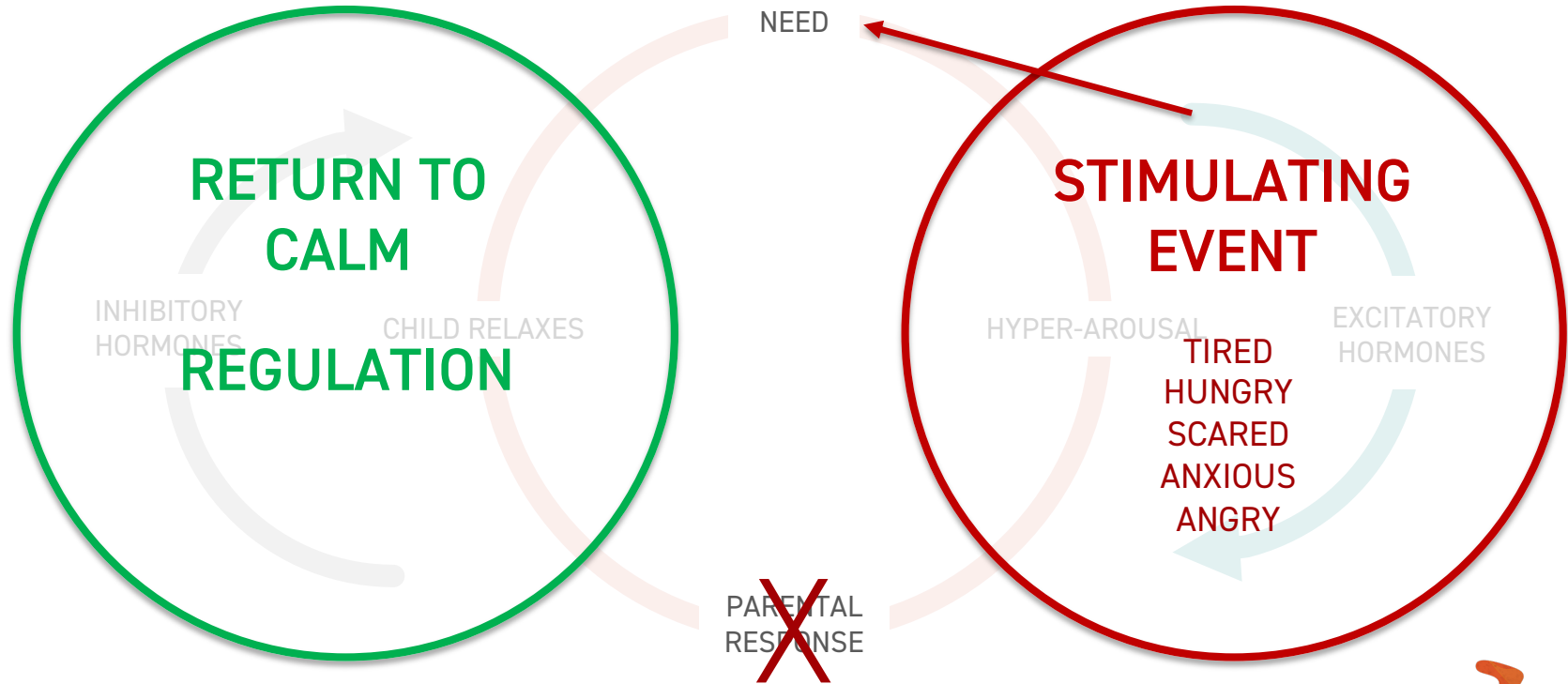
3

Self-regulation is a learned skill. No one is born with it.

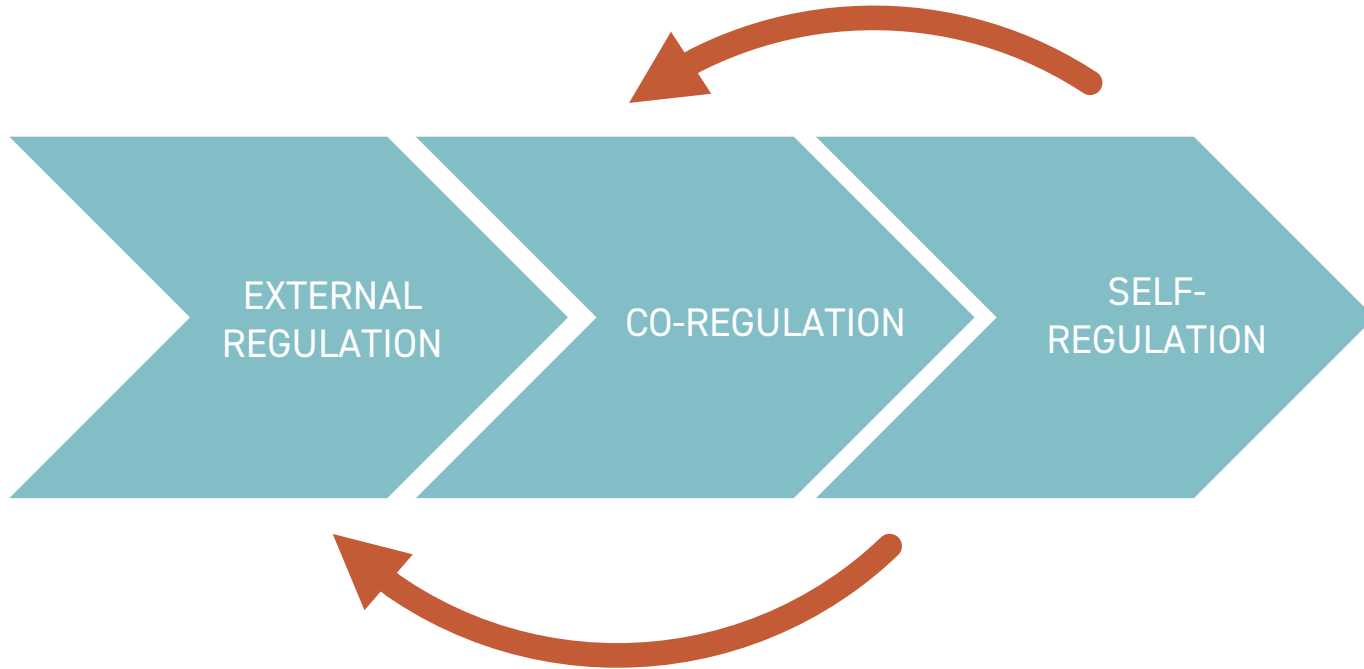
4

The skill of regulation progresses developmentally.

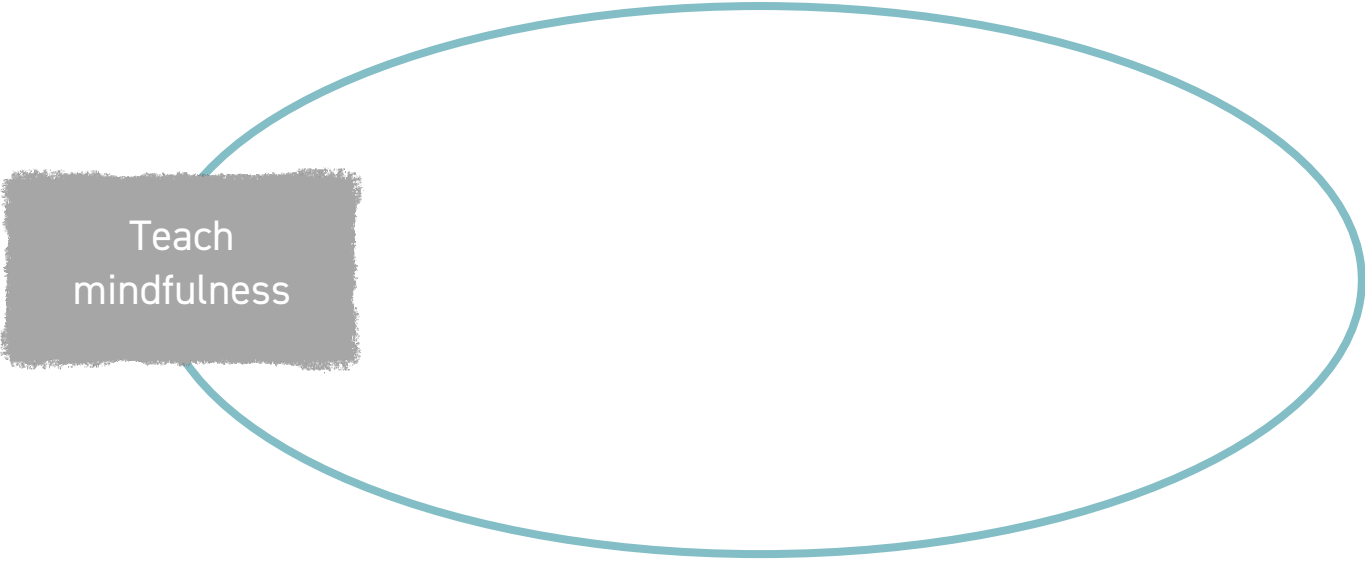
HOW DO OUR BRAINS BUILD SELF-REGULATION?



THE SKILL OF REGULATION PROGRESSES DEVELOPMENTALLY

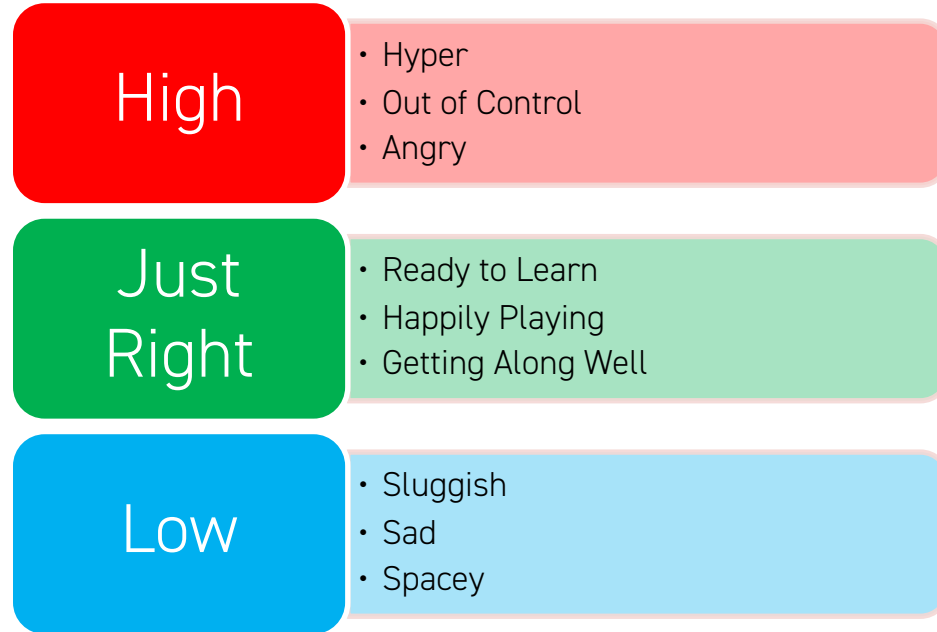


DEVELOPING THE SKILL OF REGULATION



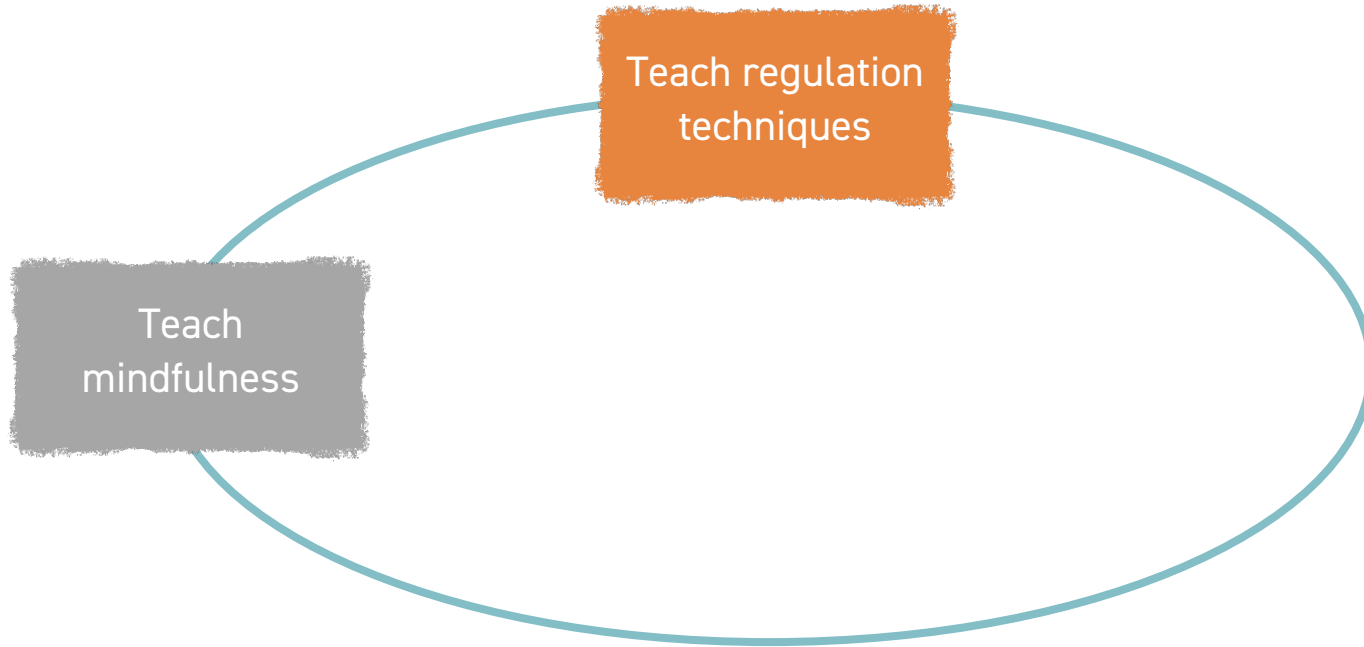
Teach
mindfulness

HOW DOES YOUR ENGINE RUN?®



From The Alert Program for Self-Regulation

DEVELOPING THE SKILL OF REGULATION



EXAMPLES OF SELF-REGULATION TECHNIQUES

Oxygenation

Muscle Use

Cross-lateral
Movement

Nerve
Stimulus

Rhythm

What else?

DEVELOPING THE SKILL OF REGULATION

